



Preparation for Acupuncture Treatments

- Wear loose fitting clothing and avoid pantyhose. Knee high stockings are preferable as they can be easily removed prior to treatment.
- Eat a light snack one hour prior to your appointment
- Notify your physician if you are taking blood thinners such as Coumadin, Plavix, Aspirin, etc...
- Feel free to bring an iPod or similar personal listening device to use during your treatments. Books and computers will be difficult to use as treatments are frequently performed on the extremities.
- It is advised to have a proper night's rest prior to treatments
- Due to the nature of services, children under 12 are not allowed to accompany any patient receiving treatment. Child care services are not provided.

Mylaine Riobe-Heron, MD, FACOG
Holistic Gynecology of the Treasure Coast | 2100 East Ocean Blvd
Suite 200B | Stuart, Florida 34996 | 772.781.8385
www.YinYangMD.com | Receptionist@YinYangMD.com

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