

To make things easier on the day of your visit, please:

- Avoid heavy meals and alcohol just before treatment
- Confirm the Covid consent form still applies before you leave and bring it with you
- If it is your first visit, please complete and bring the New Patient form as well.
- Keep clothing simple
- Bring a mask if you have one, and a towel if you prefer to be covered for modesty
- Prepare cash or cheque beforehand (current fee £60, £75 for first visit)
- If you prefer bank transfer I can give you the details at the clinic

At the clinic:

- Ignore the clamping signs. You may park anywhere except the far right corner, reserved for people with disabilities. Please stay in the car until I come for you.
- Feel free to use the loo, but please be aware of social distancing indoors
- Leave any belongings in the car, but bring in the Covid form, towel and mask
- **Please wash or sanitize your hands when you arrive and leave.**

After treatment:

- Often there will be a relaxed, calm feeling, and you may feel more energetic.
- Some people are sleepy later (more likely if you are over-stretched).
If you do feel tired, try to have an early night to get most benefit from the treatment.
- If you notice a brief flare-up of symptoms as your body adjusts, you can expect to feel a good improvement afterwards.

I look forward to seeing you

Gordon

