



CASEY POTETZ, MSOM LAC.
ACUPUNCTURE & INTEGRATIVE MEDICINE

Acupuncture Frequently Asked Questions

What to Expect:

Before your first treatment, you will be asked to fill out the necessary paperwork. Chinese Medicine Diagnostics are conducted to determine the root cause of symptoms. This includes tongue and pulse readings, physical examination, and basic questions.

What is a Treatment Like?

Casey's acupuncture treatments are very relaxing. Needle insertion is gentle and comfortable. Patients lie on the treatment table comfortably, and once the needles are inserted, the body begins to fall into a very relaxed state. Often, patients fall asleep. TDP infrared heat lamp therapy is applied and you are given about 15-30 minutes to relax in the treatment before needles are removed and body work is performed (Chinese massage to balance energy). Some treatments call for additional therapies, like cupping, gua sha, tuning forks, topical herbal medicines, etc.

Does Acupuncture Hurt?

Acupuncture treatments are relaxing and comfortable. Casey uses the highest quality needles available, and they are extremely thin, sterile, stainless steel, and single-use. If you are 'needle-shy', let Casey know and she can use even thinner needles intended for facial acupuncture. No pain or discomfort should be present while you are relaxing with needles in. Most patients enter a meditative state, or fall asleep during session.

What Should I Wear?

If you prefer to remain clothed during your session, wear loose, comfortable clothing. Your body will remain covered by a sheet at all times.

After Treatment:

Because acupuncture directs energy to different pathways in the body, you can expect to feel a bit tired or spacey immediately after treatment. Patients usually report great sleep the night of an acupuncture treatment. Because acupuncture changes the body's energy, physical results from treatment usually occur in the following hours or the next day. Strenuous exercise is not recommended after treatment. It is suggested you drink lots of water throughout the day.

How Many Treatments Do I Need?

It is possible to have your main issue resolved after one treatment, but results expectations increase with frequency of treatment. Many people come in for sessions on an as-needed basis. When working on a specific ailment, it is suggested to have 5 sessions within a period of 7 weeks. The only way to know how you respond to acupuncture, and how many treatments you'll need, is to get in and experience a treatment with Casey. Keep in mind that not all acupuncturists are the same and her work significantly differs from most acupuncture practitioners.

Does Insurance Cover Acupuncture?

Many patients are unknowingly covered for acupuncture. Casey Potetz Acupuncture & Integrative Medicine (New Canaan Acupuncture, LLC.) does not accept insurance directly. However, we provide paperwork for patients to submit for direct reimbursement. Patients whose policies cover out-of-network acupuncture typically get reimbursed 50-100% of the session cost. Please call your insurance company to see if you qualify for reimbursement. Be aware that your first reimbursement may take 30-90 days to process. *Questions to ask your claims agent:* (1) Does my policy cover out-of-network acupuncture? (2) Do I have a deductible? (3) Are there any limitations for reimbursement?

More Questions?

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