

SMILE HEALTH

WHAT TO EXPECT

GET IN TOUCH

Get in touch by **PHONE**, **EMAIL** or **BOOK ONLINE**.

WE'LL CHAT

We will have a conversation by phone or video call to ascertain whether chiropractic care is **SUITABLE FOR YOU**. I will also explain our **COVID-19** procedure.

PAPERWORK

You will complete an online **QUESTIONNAIRE** and then make **PAYMENT** online.

TREATMENT

You will arrive on time for your appointment, **TESTS** are carried out and **TREATMENT** is usually given at the first appointment. You will remain clothed for your treatment, but please wear something **COMFORTABLE** and easy to move in.

AFTERCARE ADVICE

AFTERCARE ADVICE is given and course of care discussed.

PROGRESS ASSESSED

FURTHER APPOINTMENTS are attended where treatment and exercises are given. Progress is assessed.

ONGOING VISITS

ONGOING (preventative / maintenance) **VISITS** discussed and booked, if agreed.

FOLLOW UP

PHONE / EMAIL CONTACT is made every 3-6 months, if not having ongoing care, to make sure you have had no further relapses.