

PATIENT INSTRUCTIONS – please read carefully before arrival

ON ARRIVAL

- 1. If it is your first visit, please wait at the gate and I will come and collect you.
Allow me to open the gate.**
- 2. Please wear a nose and mouth covering for the duration of your appointment.
A clinical, disposable face mask is acceptable. I can supply one at a cost of £1 each.**
- 3. Please sanitise your hands, using the dispenser provided, before entering the building.**
- 4. Please allow me to open and close all doors.**
- 5. If using the toilet, please wash your hands and sanitise them thoroughly after use.**

IN THE TREATMENT ROOM

- 6. Your forehead temperature will be taken and recorded.**
- 7. You will be given a disinfected plastic box for your belongings, please only bring essential items.**
- 8. Try not to unnecessarily touch any surfaces or equipment.**
- 9. Take a seat on the covered massage couch .**
- 10. I will check your Covid answers are all still true before we commence.**

ON DEPARTURE

- 11. Please wear your mask until you leave the premises.**
- 12. Sanatise your hands when leaving the building.**
- 13. Allow me to open all doors and the gate.**

THANK YOU FOR YOUR CO-OPERATION