

Napa Valley Osteopathic
Medicine Saskia Lytle-Vieira,
D.O.
(707) 963-1547

Office Information and Policies

Thank you for your interest in traditional osteopathy/ osteopathic manual medicine (OMM).

About my practice/osteopathy: my website explains a lot about my medical practice and can answer many frequently asked questions. Please go to www.napavalleydo.com.

All New Patients: Please access the new patient paperwork on my website. The paperwork is extensive and must be completed prior to arriving for your appointment in order to allow sufficient time for evaluation and treatment. If the paperwork is not already complete at the time of your scheduled appointment it will significantly impact the amount of hands on treatment I will be able to provide during your visit, and may delay your recovery. Please bring your completed paperwork with you to the office on your first visit.

For Adult Patients: Please complete the Adult New Patient Registration form.

For Pediatric Patients: Please complete the Pediatric New Patient Registration form if the patient is a child.

For all Medicare Patients: Please read and sign the Medicare Beneficiary Agreement.

Your appointment: I dedicate a significant amount of time for each patient visit and I only see one patient at a time. Your appointment time is set aside specifically for you. The first visit for adults and children is 60 minutes. Follow up visits for adults are 30 minutes, and 20-30 minutes for children.

If you/ your child have had any radiological imaging performed (x rays, MRI, CT scan, etc) related to the reason for your visit with me, please bring or fax me a copy of the radiologist's written report. If you do not have a copy of the written report, please have a copy faxed to the office in advance of your appointment day. My office fax number is (707) 963-4701.

Wear comfortable, loose fitting clothing to all your visits, such as T shirts, sweatpants/ athletic pants/shorts. Please do not wear jeans, tight clothing, dresses or skirts.

Adult patients, please do not bring children with you to the appointment, as they are likely to significantly compromise the benefit of the visit. For pediatric patients, it is wonderful if parents bring the child's favorite (quiet) toy or book(s) to entertain the child during treatment.

Please do not wear cologne or perfume to your appointments, and avoid smoking for at least one hour prior.

Please do not get a massage less than 48-72 hours before or after your appointment.

Cancellation policy: I have a 24 hour cancellation policy for established patients. Full payment is due if appointments are cancelled less than 24 hours in advance of your scheduled time.

Below are some websites and books that are great sources of information about

osteopathy: Osteohome.com Osteodoc.com Cranialacademy.org
Touch of Life, by Robert Fulford, DO (intro by Andrew Weil, MD)
Spontaneous Healing, by Andrew Weil, MD (especially chapter 2)—read excerpt on my website.

Thank you and I look forward to meeting you at your first appointment! Please call the office if you have any questions.

Saskia Lytle-Vieira, D.O.