

New Client Visits: Your Price

The prices below are **Your Price**, our discounted self-pay rate through the Timely Payment Discount (TPD). To receive Your Price, keep a valid credit card on file. We charge Your Price to that card on the day of your visit, so most self-pay clients pay Your Price automatically. If a charge does not go through, we will reach out for an updated card. The **Full Rate** applies only if Your Price cannot be collected within two business days (see appendix, page 3).

Visit Type	Typical length	Office	Home	Telehealth
Lactation Visits with an IBCLC (International Board-Certified Lactation Consultant)				
Private Prenatal	60 minutes	\$150	\$245	\$150
In Patient (In Hospital)	60 minutes		\$150	
Telehealth Triage Visit	30 minutes			\$50
Initial Postpartum	90 minutes	\$225	\$295	\$150
Twins Initial Postpartum	120 minutes	\$260	\$330	\$185
Breast Pump Only	90 minutes	\$225	\$295	\$150
Bottle Feeding / Refusal	90 minutes	\$225	\$295	\$125
Re-Lactation	90 minutes	\$225	\$295	\$150
Induced Lactation	60 minutes	\$150	\$245	\$150
Initial Sleep Consult	60 minutes			\$150
<i>Lower priced visits with Certified Breastfeeding Specialists or Lactation Counselors in training may be available.</i>				

Times shown are typical and may run shorter or longer. Fees are based on the visit type and care provided, not the exact time spent.

Chiropractic and Laser Photobiomodulation (PBM) Therapy

Chiropractor

Service	Typical length	Price
Chiropractic only	30 minutes (Pediatric) 45 minutes (Adult)	\$50 (Pediatric) \$75 (Adult)
Laser PBM Therapy	15 minutes	\$50
Chiropractic with Laser PBM Therapy in same visit	30 minutes	\$75 (Pediatric) \$100 (Adult)

Ask about package discounts.

See page 3 for fees and our cancellation policy.

Established Client Visits: Your Price

What is an established client? Established clients are those who have seen us within the past 12 months for the same child. If a client has a new child who has not been seen in our practice, they must book as a new client. The prices below are **Your Price** (Timely Payment Discount), charged to the card on file on the day of your visit. If a charge does not go through, we will reach out for an updated card. The Full Rate applies only if Your Price cannot be collected within two business days (see appendix, page 3).

Visit Type	Typical length	Office	Home	Telehealth
Lactation Visits with an IBCLC (International Board-Certified Lactation Consultant)				
Extended Follow Up	120 minutes		\$295	
Comprehensive Follow Up	90 minutes	\$175	\$245	
Standard Follow Up	60 minutes	\$150	\$220	\$125
Simple Follow Up	30 minutes	\$75		\$75
Twins Standard Follow Up	90 minutes	\$225	\$295	\$150
Twins Simple Follow Up	60 minutes	\$160	\$230	\$125
Focused Specialty Visits • Infant Allergy • Infant Reflux • Infant Sleep • Starting Solids • Bottle Only • Back to Work • Weaning	60 minutes	\$150	\$220	\$125
Nursing Well Check	60 minutes	\$150	\$195	\$125
Frenotomy Support	120 minutes	\$220		
Frenotomy Prep Visit	30 minutes	\$75		\$75
Post-Frenotomy Woundsite Check	30 minutes	\$60		
Weight Check	15 minutes	\$30		

Times shown are typical and may run shorter or longer. Fees are based on the visit type and care provided, not the exact time spent.

Chiropractic and Laser Photobiomodulation (PBM) Therapy

Chiropractor

Service	Typical length	Price
Chiropractic only	30 minutes	\$50
Laser PBM Therapy	15 minutes	\$50
Chiropractic with Laser PBM Therapy in same visit	30 minutes	\$75 (Pediatric) \$100 (Adult)
Adding Laser to existing chiropractic session	Same session	\$25

Ask about package discounts.

See page 3 for fees and our cancellation policy.

Appendix: Full Rates

A **Full Rate** applies only when payment is not collected within two business days of your visit. These are not the prices most self-pay clients pay. With a valid credit card on file, you are charged Your Price on the day of service (see pages 1 and 2).

New Client Visits: Full Rate

Visit Type	Office	Home	Telehealth
Private Prenatal	\$700	\$850	\$700
In Patient (In Hospital)		\$700	
Telehealth Triage Visit			\$550
Initial Postpartum	\$850	\$850	\$700
Twins Initial Postpartum	\$1,150	\$1,150	\$850
Breast Pump Only	\$850	\$850	\$700
Bottle Feeding / Refusal	\$850	\$850	\$700
Re-Lactation	\$850	\$850	\$700
Induced Lactation	\$700	\$850	\$700
Initial Sleep Consult			\$700

Established Client Visits: Full Rate

Visit Type	Office	Home	Telehealth
Extended Follow Up		\$850	
Comprehensive Follow Up	\$850	\$850	
Standard Follow Up	\$700	\$850	\$700
Simple Follow Up	\$550		\$550
Twins Standard Follow Up	\$1,000	\$1,150	\$700
Twins Simple Follow Up	\$850	\$1,000	\$700
Focused Specialty Visits (all listed types)	\$700	\$850	\$700
Nursing Well Check	\$700	\$850	\$700
Frenotomy Support	\$850		
Frenotomy Prep Visit	\$550		\$550
Post-Frenotomy Woundsite Check	\$550		
Weight Check	\$400		

Chiropractic and PBM therapy are billed at a single flat rate shown on pages 1 and 2 and are not subject to the Timely Payment Discount.

Fees and Policies

- **Night / Weekend / Holiday Fee: \$50.** Holidays: New Year's Day, MLK Jr. Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Day after Thanksgiving, Christmas Day.
- **Cancellations and No-Show / Missed Appointments:**
 - Rescheduling within 48 hours of your visit is considered a cancellation.
 - More than 48 hours notice: no fee, unless there is a history of chronic rescheduling, in which case a \$15 fee may apply.
 - Less than 48 hours: \$50 (visits over 30 min), \$15 (30 min visit), \$50 (Combo Lactation / Chiropractic).
 - Less than 24 hours: \$100 (visits over 30 min), \$30 (30 min visit), \$100 (Combo Lactation / Chiropractic).
 - No-show / missed appointment: the full visit fee (Full Rate).
 - If you are unable to attend due to illness or an emergency, the cancellation fee may be waived as long as the appointment is rescheduled and takes place within 10 days.

Chiropractic and PBM Therapy

At Bayou City Breastfeeding, we offer two optional services that support infant feeding and recovery: chiropractic care and TenderCare PBM™ light therapy. Both work alongside your lactation care, not in place of it.

Chiropractic Care

Our pediatric-trained chiropractors use gentle, low-force adjustments suited to both infants and adults. For babies, this can ease tightness or restricted movement that makes latching, turning the head, or feeding comfortably more difficult. For nursing parents, it can relieve the neck, back, and jaw strain that often comes with feeding and holding a newborn. For expecting parents, we also offer prenatal chiropractic using the Webster Technique, a gentle approach focused on pelvic balance and comfort during pregnancy. Chiropractic care works best alongside lactation support, addressing the physical tension that can sit underneath a feeding problem. If you think it might help, ask your IBCLC or a member of our team.

TenderCare PBM™ Light Therapy (Photobiomodulation)

PBM therapy uses Class III/IV medical lasers to deliver specific wavelengths of light that support healing, reduce inflammation, and ease discomfort. It is non-invasive and painless. Because each person responds differently, more than one session may be needed. PBM is available at our Kingwood, Houston, Jones, and Katy offices.

The conditions below are treated with light therapy, not chiropractic:

PBM for Adults

- **Lactation Support:** Building milk supply and managing plugged ducts and mastitis.
- **Nipple Recovery:** Healing sore, cracked, or bleeding nipples.
- **Pain Management:** TMJ discomfort, nursing wrist, muscle pain, and joint pain.
- **Inflammation:** Engorgement, ear pain, and sinus relief.
- **Healing Support:** Mouth ulcers, cold sores, and scar tissue.

PBM for Babies

- **Birth Trauma:** Eases birth-related stress and general discomfort in newborns.
- **Torticollis and Muscle Tightness:** Relieves tightness to improve flexibility and comfort.
- **Oral Care:** Supports recovery before and after a frenectomy.
- **Digestive and Skin Health:** Soothes GI discomfort and skin conditions like eczema.
- **Sleep:** Encourages restful sleep by easing discomfort.

Please Note: Our treatments are provided with care and grounded in current evidence, but individual responses vary and we cannot guarantee specific outcomes. We work closely with you and involve you in every decision about your treatment plan.