

What Should I Do Before or After My First Treatment?

- * Do not eat an unusually large meal immediately before any treatment
- * Do not over-exercise, engage in sexual activity, or consume alcoholic beverages for 6 hours before any treatment
- * Drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive. Make plans at least for the first treatment to have someone else drive you in case you experience drowsiness or other side effects.

Let Your Acupuncturist Know Prior to Treatment if:

- * If you have a pacemaker or any other electrical implants
- * If you have any type of bleeding disorder
- * If you are taking anti-coagulants or any other medication
- * If you have damaged heart valves or any other particular risk of infection
- * If you have metal pins, plates or rods

Home Care Instructions After Acupuncture

Side Effects:

You need to be aware that:

- * Drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive.
- * Minor bleeding or bruising may occur after acupuncture (seen only in about 3% of treatments).
- * Pain during treatment occurs in about 1% of treatments.
- * In rare instances, (less than 3% of patients) symptoms may get worse after treatment. You should tell your acupuncturist about this.
- * Rarely, fainting can occur in some patients, particularly at the first treatment.

Please Let the Acupuncturist Know If:

- * You have ever experienced a fit, faint or funny turn.
- * If you have a pacemaker or any other electrical implants
- * If you have any type of bleeding disorder
- * If you are taking anti-coagulants or any other medication
- * If you have damaged heart valves or any other particular risk of infection
- * If you have metal pins, plates or rods

To Enhance the Value of the Treatment

The following guidelines are important:

- * Do not eat an unusually large meal immediately before or after your treatment
- * Do not over-exercise, engage in sexual activity, or consume alcoholic beverages for 6 hours before or after treatment.
- * Plan your activities so that after the treatments you can get some rest or at least not have to be working at top performance. This is especially important for the first few visits.
- * Continue to take any prescriptions medicines as directed by your regular doctor. Substance abuse (drugs and alcohol) especially in the week prior to treatment, will seriously interfere with the effectiveness of the acupuncture treatments.
- * Remember to keep good mental or written notes of what your response is to the treatment. This is important for your acupuncturist to know so that the follow-up treatments can be designed to best help you and your problem.

****Only Single-use, sterile needles are used in this office****