



## Acupuncture Instructions

(Please read carefully before, after your treatment)

### *Before you come in:*

**Hydration:** It is helpful to be well hydrated before receiving acupuncture. Dehydration can result in less qi and blood flow. However, it may be best to avoid drinking an hour before you come in, otherwise a full bladder may interfere with your comfort during a treatment.

**Nutrition:** We love to know that you are caring for yourself by eating nutritious foods. Please avoid alcohol, sugar, and greasy foods before and after your treatment if possible.

**Clothing:** Your treatment will consist of needles being placed in your arms and legs from the elbow to the hand and knee to foot. You will be most comfortable if you can wear clothes that are roomy enough to roll up. You are welcome to use our restroom to change into shorts and t-shirt when you get here if you like.

**Distractions:** Part of the effectiveness of acupuncture is the deep meditation-like state that is induced by the needles. In order to make the most of this wonderful state, please come in prepared to turn off your phone, relax, and put your worries on hold for awhile.

**Frequency of treatment:** Acupuncture treatments are sometimes compared to doses of medication. If you are prescribed a medication for a certain condition, you don't expect to be cured with one dose. Just as you may need to take your medication for 10 days or a few weeks for normal health and function to be restored, it is likely we will prescribe a course of treatments before we can expect you to feel as good as you -and we- would like! Your practitioner will discuss this with you on a case by case basis.

**Payment and Scheduling:** We offer a sliding scale fee structure that is especially useful when you need multiple treatments. We generally collect payment and schedule your next appointment before your treatment so that you don't have to stop by the desk on your way out. That way, it is easier to carry the effects of the treatment out the door and into the rest of your day.

### *After your treatment:*

1. Immediately after your acupuncture session it is possible that you may become euphoric or light-headed.
1. Please be sure you are properly oriented before leaving. We offer water and juice upon request and you are
2. Welcome to stay in the treatment room or in the lobby until you are capable of walking or driving safely from our office.
3. For 8-12 hours following your treatment:
  - Engage in your normal daily activities, however, wait 24 hours before performing any strenuous physical activities.
  - Refrain from alcohol or other mind/mood altering substances. If you choose to consume these substances, be aware their effect will be magnified.
  - Eat moderately sized and satisfying meals (avoid spicy foods).
  - If you feel sleepy or tired following your treatment, please honor those feelings by resting as needed.
4. During the first 24 to 48 hours after an acupuncture treatment you may feel that the very condition you were seeking relief from has worsened. This experience is a perfectly normal and a common treatment reaction; in fact, this type of response frequently indicates the treatment is working. If you are concerned by