

### Treatment After Care

- After acupuncture treatment, patients are advised to avoid strenuous activity, alcohol, large meals, and sexual activity.
- Patients respond to acupuncture treatment in different ways. Some patients experience immediate relief of symptoms, some experience relief after several hours or the following day. Some patients experience increased discomfort following treatment which may last for several hours. All of these responses are normal. Notify your practitioner if you have any concerns about your response to treatment.
- In the case of pain conditions, treatment is designed to relieve pain and resolve the underlying condition causing pain. The goal is to reduce severity of pain and increase the time between episodes of pain. Complete pain relief can take many sessions and depends on many factors: the severity of the pain, what is causing the pain and the length of time the painful condition has existed.
- Your practitioner has recommended a course of action based on your unique condition and presentation. In order to achieve optimum results for pain and all other conditions, patients are advised not to skip appointments so that the effectiveness of treatment can be evaluated.
- A massage technique called “gua sha” may produce red or purple discoloration of the skin (similar to a bruise) which may remain for 1 to 7 days. There may also be a slight tenderness in the area treated. Patients are advised to keep the area that received gua sha covered and away from all drafts. Patients should not shower for 8-12 hours, if possible.
- A method called “cupping” involves placing glass cups over the skin to produce a vacuum and promote the circulation of “qi,” or energy, through the meridians. Cupping may also produce skin discoloration and tenderness 1 to 7 days after the treatment. Patients are advised to keep the area that has been cupped covered and away from all drafts. Patients should not shower for 8-12 hours, if possible.
- Electro-acupuncture may be performed in cases of pain or stagnation in order to facilitate the movement of qi and blood. This technique involves clipping a wire to the body of the needle in order to deliver a mild electrical current. You may experience a slight buzzing or tingling sensation around the needle. This will subside when the treatment is over.
- If you receive press-balls, press-tacks, press-seeds, interdermals, or magnets as “at-home” treatments, you will receive directions on how to care for, how to and when to dispose of these healing adjuncts. You must follow these instructions carefully.
- You may receive herbal prescriptions or recommendations pertaining to nutrition, diet, exercise, or other life-style habits. You are not required to take these herbal substances but must follow the directions for administration and dosage if you do decide to take them. The most commonly occurring side effect of herbal medicine is diarrhea. If you experience a change in bowel habit or abdominal pain, call your practitioner so that the your dosage can be modified.
- Advise your practitioner if you have a pacemaker or a bleeding disorder, might be pregnant or has a contagious disease. If you have a potentially serious condition that is out of your practitioner’s scope of practice, you will be referred to the emergency room or to a licensed physician.