TREATMENT GUIDELINES
What to expect before, during and after treatment.

To gain the most benefit from your acupuncture treatments, please follow the guidelines below:

BEFORE TREATMENT

- Don't engage in strenuous or vigorous activity, including sexual activity, eight (8) hours before your treatment.
- Avoid drinking coffee, alcohol and/or taking recreational drugs before your treatments.
- Have a little food in your stomach when you arrive for treatment; however, do not eat a heavy meal.
- Drink 50% more water on days you are getting acupuncture. Acupuncture treatments are similar to a deep tissue massage; many of the built up toxins are released, therefore, it is important to flush out the toxins before they re-settle.
- Wear loose, comfortable clothing to allow access to acupuncture points.
- Refrain from wearing heavy perfumes or products, because it can interfere with diagnosis.

DURING TREATMENT

- At your initial appointment, I will conduct a detailed evaluation of your history, and perform a physical examination. Using principles of Classical and Traditional Chinese Medicine, I identify causes associated with your individual condition. I then will develop a treatment plan incorporating acupuncture and moxibustion, and nutritional and lifestyle recommendations.
- The treatment will start with you addressing your most current symptoms and what you would like to work on.
- You will be asked to lie on a treatment table or sit up in a chair with access to your wrists for pulse diagnosis. I will obtain a pulse diagnosis multiple times throughout the treatment.
- Acupuncture points are marked on the skin, and then the skin is cleaned with an alcohol swab to prepare for needling.
- Sterile, superfine needles are placed at points that correspond to your specific needs. The needles are about the thickness of three hairs, are used only once, and are disposed of immediately following removal.
- You will feel a light tap when the needles are applied. You may feel warmth, a sensation of heaviness, tingling or pressure around the needle. or a slight electrical feeling running along the course of the acupuncture meridian. These sensations are normal and desirable.
- When moxibustion is used, a small cone will be placed on the acupuncture point, and then lit with an incense stick. While burning, you will smell the moxa smoke and you will feel warmth at the site of the moxa cone.
- Acupuncture promotes marked relaxation, such that you may feel sleepy during treatment.

AFTER TREATMENT

- If you feel light-headed after your acupuncture treatment, drink an extra glass of water and have a snack; however, do not eat a heavy meal.
- Don't engage in strenuous or vigorous activity, including sexual activity, eight (8) hours after your treatment.
- Avoid drinking coffee, alcohol and/or taking recreational drugs after your treatments.
- If any bruising occurs at the sites of acupuncture points, apply ice.
- If you feel tired after your treatment, take that as a sign that your body needs rest and time to integrate your acupuncture treatment. Take a nap if possible.
- It is very common to experience a feeling of general well-being afterward.

TREATMENT FREQUENCY

Each person and medical condition respond to treatment at a different pace. Weekly sessions are recommended to begin with, then proper spacing as time goes on. A typical follow-up appointment lasts about 45 minutes and includes time to talk about your progress, as well as receive an acupuncture treatment. On-going treatments are advised to help prevent imbalances. Ultimately, your pulse diagnosis will determine frequency.