

Preparing for My First Acupuncture Treatment

an empowerment primer

Suggestions BEFORE your first treatment -

1. Eat a good meal at least 30 minutes before your treatment. Acupuncture works by moving energy around in your body. A good meal beforehand ensures that your body receives a boost of energy reserves to facilitate your treatment. You may experience nausea, dizziness or light-headedness if you receive acupuncture on an empty stomach.
2. If you regularly scrape or brush your tongue, please refrain from doing so the day of your treatment. One way that I diagnose what is going on inside your body is by examining the color and coating of your tongue. Scraping away the coating increases the chances of a misdiagnosis.
3. If possible, bring another driver along with you. After the first treatment, it is not uncommon to feel suddenly tired or maybe lightheaded. Again, eating a good meal beforehand decreases your chances of this happening.
4. Please inform me beforehand if: a) you are taking blood-thinning medications such as aspirin or coumadin; b) you are undergoing chemotherapy; c) you are pregnant or trying to become pregnant.
5. Be aware that acupuncture sometimes results in bruising. If you receive cupping treatment (local suction using glass cups) you will have temporary skin discoloration for up to 3-5 days.
6. Feel free to discuss with me any questions or concerns you may have regarding your upcoming acupuncture experience. You will not offend me by asking too many questions.

AFTER your first treatment -

1. Bring some hard candy to suck on, or a carton of orange juice to sip, in the event you become lightheaded or dizzy after your treatment.
2. In about 5-10% of cases, your symptoms may get worse for 24-48 hours after your first treatment. This is followed by greater relief afterwards, and is a normal phenomenon. If your symptoms worsen and do not get better after 3 days, please call me.
3. Please monitor how much relief you experienced after your treatment, how long it lasted and to what extent your symptoms returned. Knowing this helps me determine how long and how often you will need acupuncture treatment to resolve your complaint.
4. If you are prescribed an herbal formula, monitor whether you experience any unwanted side-effects, usually of a digestive nature. If so, stop taking it and call me. Your formula may need re-adjusting.

I will do everything I can to make your first acupuncture treatment with me a pleasant and relaxing experience.



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acupuncture & herbology

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