

## Post-Acupuncture Home Care Guidelines

Thank you for your visit today! To ensure you get the best results from your treatment, please follow these post-acupuncture care tips:

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- Do everything as normal
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### 1. Expect Possible Reactions

It's normal to experience the following:

- **Mild soreness:** Around the needle sites or treated areas. This should subside within 24 – 48 hours.
- **Listen to your body:** Some patients could feel tired. If you feel tired, give yourself permission to rest.
- **Tiredness or light-headedness:** Rest and drink warm water if this happens.
- **Increased energy or emotional release:** These are signs that your body is adjusting to the treatment.

If you experience anything unusual or concerning, please contact us.

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### 2. Follow-Up Care

- **Stick to your treatment plan:** Regular sessions are important for long-term results.
  - **Home exercises or stretches:** If recommended, follow these to support your recovery.
  - **Avoid Stimulants:** With some diseases you need to avoid stimulants
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### 3. Stay Warm

- **Keep the area warm:** Avoid exposure to cold drafts or air conditioning directly on the treatment area.
  - **Dress comfortably:** Wear warm clothes, a scarf and/or hat.
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### When to Seek Assistance

Contact us immediately if you experience:

- Severe pain, redness, or swelling at a needle site.
- Dizziness or fainting that doesn't improve.
- Any other concerns about your treatment.