

Acupuncture Appointment Information Sheet

What to Expect at Your Acupuncture Appointment

Welcome to Body Mechanix! We want to ensure you feel comfortable and informed about your acupuncture session. Here's what to expect:

1. Preparation:

- Your clinician will guide you to lie down on the treatment bed.
- The area being treated will be cleansed with an alcohol wipe.
- Sterile, single-use acupuncture needles will be gently inserted.
- A heat lamp may or may not be used, depending on your treatment plan.

2. Sensations You May Feel:

- A slight pinch upon needle insertion, followed by a tingling, dull ache, warmth, or heaviness in the area.
- Some areas may feel more sensitive than others, but discomfort should be minimal.
- If you experience sharp pain, discomfort, dizziness, or feel unwell at any time, please inform your clinician immediately.

3. During Your Session:

- You will remain lying down for up to 1 hour while the needles do their work.
- The best option is to relax and, if possible, take a nap.
- If you find it difficult to relax or sleep, you may bring headphones to listen to your own music or a podcast.

4. After Your Session:

- You may feel deeply relaxed or slightly energized.
- Some mild soreness or a lightheaded sensation can occur but should subside quickly.
- Drink water and take it easy if needed after your session.

Your comfort and well-being are our priority. If you have any questions before, during, or after your appointment, please don't hesitate to ask your clinician. We look forward to supporting your health and wellness journey!

Body Mechanix Team