Happy Valley Wellness and Acupuncture

Post Treatment Recommendations

Be sure to drink plenty of water during the course of the day today. Similar to massage, acupuncture opens up your tissues and you can become dehydrated or lightheaded from this.

Avoid alcohol and caffeine today and tonight.

Avoid very hot or cold baths or hot tubs/Jacuzzi.

Continue all medications and treatments that your primary care physician or other physicians or health care providers have recommended until you have spoken with one of those providers.

If you have not discussed the concerns that we discussed today with your primary care physician or other providers, you should make an appointment to do so in the near future.

You may notice an improvement in your symptoms after this treatment. It is important that you do not over do it physically or emotionally after your treatment in order to get the maximum benefits of your treatments.

Keep tract of your symptoms and how long they are improved after your treatment. This will help us to determine how frequently you may need treatments.

You may notice soreness or bruising in the areas were acupuncture needles were inserted. This is not common, but it is normal when it does occur. You may have a spot of bleeding from an insertion site, especially if you take blood thinners or daily aspirin. If this is the case, apply pressure with a tissue for roughly 1-2 minutes. You should not have steady or heavy bleeding after you apply pressure to the area and you should go to an emergency room if this happens.

You may notice some muscle twitching. This is normal.

You may feel tired or lightheaded or emotional after your acupuncture treatment. Listen to your body and rest!

While many people notice improvement in their symptoms after an acupuncture treatment, some people may not notice any change in their symptoms for several treatment sessions. There are also some people who may feel worse after their session, especially the first one and especially if we are working with issues that you have had for a long time. Do not hesitate to all me with questions or concerns if there is no change or worsening of your symptoms rather than cancelling your next appointment. This may be a normal reaction for you!