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BOARD CERTIFIED, PHYSICAL MEDICINE & REHABILITATION

INSTRUCTIONS FOR PATIENTS RECEIVING ACUPUNCTURE

BEFORE TREATMENT

- ❖ Please do not exercise in the morning/during the day before your acupuncture treatment. While we encourage all of our patients to exercise regularly for their overall health, it does promote blood supply to muscles. At times, this leaves muscles tight and swollen, which can make insertion of the needles difficult and potentially more painful.
- ❖ Relax!! Most patients do not experience acupuncture as a painful experience. Occasionally, there is a very slight pinch as a needle is inserted, but this is unusual. Most patients find acupuncture to be both relaxing and invigorating. Ask our staff for personal experiences and testimonials.

AFTER TREATMENT

- ❖ Please plan on refraining from vigorous exercise for the rest of the day following your treatment as well. Gentle stretching or yoga is ok, but you should not plan on working up a heavy sweat.
- ❖ Eat a light meal after treatment. Do not have a large, heavy meal for dinner.
- ❖ Drink a lot of water. By a lot, we mean 3-4 8oz glasses.
- ❖ Abstain from heavy alcohol use.
- ❖ In general, “avoid excesses and extremes that may distract from the integration of treatment”
- ❖ Enjoy! This is a great adjunct to your overall health and you will likely experience significant benefit from treatment.

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