



Sierra Acupuncture & Healing Arts

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Instructions before and after your Acupuncture Treatment

The goal of acupuncture is to achieve a state of balance in energy (Qi) and blood. It is important to avoid any unnecessary stimulation immediately before or after your treatment. Such stimulation may result in sudden shifts or changes in the energy system, making it more difficult to achieve balance.

Due to many individuals sensitivity to fragrances, we request that you do not use perfume/cologne on the day of your visit.

You can achieve the best results with your acupuncture therapy by following these guidelines and **AVOIDING** the following stimulants for the day of your acupuncture appointment:

- Smoking and recreational drugs
- Alcohol
- Caffeine including soda, chocolate and coffee
- Candy or other high sugar intake
- Intercourse
- High aerobic activity immediately preceding or following treatment.

- It is particularly important to avoid any foods or drinks with a high concentration of food dye prior to treatment due to discoloration of the tongue coat.
- Continue with all prescription drugs.

Your doctor will notify you if you have had the following treatments:

Acupuncture: You may experience slight discomfort at particular points needled that day, the reason for this is that the energy can continue moving for days after the treatment. You may have some bruising from the needles.

Cupping/ Gwa Sha: Avoid showering or taking a hot tub that day. Make sure you protect your neck and back with warm clothing from wind and cold the day of the treatment. There may be discoloration that appears on the skin for a couple days to a week following treatment, these are toxins that are releasing from the body.

Moxa: Due to moxa's pungent aroma, it may stay with you for the day. If you have a moxa belly bowl the resin from the herb should stay on the skin until the following morning unless there is discomfort and itching in the local area, in this case you should wash off the resin thoroughly.

Ear Seeds/Intradermal Needles: These should stay in for up to 5-7 days. If there is irritation at the site remove immediately. Ear seeds should be stimulated at least 8x a day.

DETOX FROM TREATMENT: With any healing treatment, one may experience a herxheimer reaction or "detox effect", the most common is an increase in urination and/or bowel movement, occasionally one can experience slight headache, minor to severe emotional upset, rash, dizziness, nausea or an increase in pain for hours to days.

Most patients will feel much better after the detoxification than before they had the treatment. If one is trying to detox from drugs, is on a lot of medication or has had history of any physical or mental abuse, one can expect this.

A warm "De-tox" bath with 1 to 2 cups of Epsom Salt or Apple Cider vinegar can help the release of excess toxins.