



Sierra Acupuncture & Healing Arts, Inc.

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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' sensitivities to fragrances as well as chemicals contained in, 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. Light exercise is ok.
- 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/Microneedling/Acupuncture Injection Therapy: You may experience slight discomfort at particular points for days after the treatment due to energy continuing to move through your body. You may experience some bruising from the needles. You may feel spacy or slightly dizzy, please assure that you are ok to drive, if not please alert a team member.

Cupping/ Gua Sha: Avoid showering, hot tub or hot springs the day of treatment. Make sure you protect your neck and back with warm clothing from wind and cold the day of treatment. It is normal and expected to have discoloration on the skin for a couple days to a week following treatment, these are toxins that are being released from the body.

Moxa: Due to moxa's pungent aroma, you may smell it 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.

Far Infrared Heat/Liniments: We may use Far infrared heat with your treatment, which allow for increased blood flow and sense of warmth at the site and through your body. We use an assortment of liniments that can leave a tingling, cooling and/or warming sensations to applied areas. In addition, often times these liniments will be strong smelling for several hours.

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 bowels. Occasionally patients may experience slight headache, minor to moderate emotional upset, rash, dizziness, nausea or an increase in pain for hours to days. Sometimes you will get worse before getting better.

*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” full body bath or foot bath with 1 to 2 cups of Epsom Salt or Apple Cider vinegar can help the release of excess toxins.