

# ACUPUNCTURE AFTERCARE GUIDE

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Congratulations on taking a step towards holistic well-being with acupuncture! To ensure the best results from your treatment, please follow the aftercare instructions outlined below:

**Rest and Relaxation:** It's normal to feel a bit drowsy or 'out of it' after a session. If possible, allow yourself some quiet time or even a nap to allow the body to process the treatment.

**Stay Hydrated:** Drink plenty of water after your session. This can help flush out any toxins released during the treatment.

**Diet:** Eat light and nourishing foods after your treatment. Avoid consuming alcohol, caffeine, or other stimulants for at least a few hours post-treatment.

**Physical Activity:** While regular movement is good, refrain from vigorous or strenuous exercises immediately after your treatment.

**Observing Reactions:** It's not uncommon to experience some light bruising, tingling, or soreness at the needle sites. These should subside within a couple of days. Some people might feel a brief exacerbation of symptoms or an emotional release after a session. This is often temporary and considered part of the healing process.

**Heat:** If you feel any localised stiffness or soreness, applying a warm (not hot) compress can help ease discomfort.

**Avoid Intense Emotional Activities:** If possible, steer clear of emotionally draining situations after your session.

**Mindfulness and Observation:** Pay attention to how you feel after the session. Note any changes in symptoms or emotions to discuss with your acupuncturist at your next visit.

**Maintain Regular Appointments:** For the best results, it's often recommended to attend several sessions. Stick to your practitioner's suggested schedule for follow-up appointments.

**Contact Your Practitioner:** If you have any concerns or experience severe or lasting side effects, don't hesitate to contact your acupuncturist for guidance or advice.

Remember, everyone's body responds differently to acupuncture. Listen to your body and allow yourself the time and space to heal and rejuvenate.