

Blue Heron Wellness

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BEFORE & AFTER YOUR ACUPUNCTURE TREATMENT

To assist you in deriving the greatest benefit possible from your acupuncture treatments, please observe the following:

1. Do not wear make-up, perfume or heavily scented lotions, shampoos or soaps to treatment. This is particularly important your first couple of treatments.
2. Avoid alcohol for 24 hours before and after treatment.
3. It is important to have something in your stomach prior to treatment. However it is best not to eat an unusually large meal either before or immediately after your treatment.
4. Avoid very hot or cold baths or showers the day of treatment.
5. Do not rush to your appointment! It is better to be a few minutes late than to arrive with an elevated pulse or blood pressure.
6. Continue all prescription medications and treatments exactly as directed by your physician or other health care providers.
7. Plan your activities so that after treatment (especially at first) you can get some rest and allow your body to gain the maximum benefit from treatment.
8. Note and report any changes in physical or emotional patterns that occur between your acupuncture treatments. This detail is valuable in planning the course of your treatment.

Please keep this sheet for your future reference.