

Acupuncture Procedure –TrendCare.com

Step 1 : Prepare acupuncture

- ✓ Turn off your cell phone
- ✓ Go to restroom to empty your bladder
- ✓ Don't go in on an empty stomach.
- ✓ Wear loose clothing
- ✓ May need to remove your clothes, open like forearm, belly, lower leg, low back, neck, shoulder areas.
- ✓ Lie on a table for the treatment

Step 2 : During acupuncture

- ✓ DO NOT MOVE: your hand, leg or any body.
- ✓ CLOSE YOUR EYE and TAKE A REST
- ✓ Needle insertion. Acupuncture needles are very thin, so insertion may causes little discomfort. Between 10 and 15 needles are used in a typical treatment. You may feel a mild sensation when a needle reaches the correct depth.
- ✓ Needle manipulation. We may gently move or twirl the needles after placement or apply electrical pulses to the needles.
- ✓ Needle removal. In most cases, the needles remain in place for 30 - 45 minutes while you lie still and relax. There is usually no discomfort when the needles are removed.

Step 3 : After acupuncture

- ✓ If your body have bruising near the needling area that may last a few days.
- ✓ Do not touch the needle area after the acupuncture within 10 minutes.
- ✓ Drink 1 – 2 cup of warm water after acupuncture, it can help to toxic your body.
- ✓ Some people feel relaxed and others feel energized after an acupuncture treatment.
- ✓ Herbal seed attach on your ear that you can keep it for 3 – 4 days, After 4 days, you can take it out by yourself. Avoid water for the herbal seed patch when you shower.
- ✓ Press herbal seed patch 10 times per hour. Each time just lightly press down for 10 seconds. Only press it between 9:00am - 6:00pm only. If you feel uncomfortable or can not sleep well, you can take it out anytime.
- ✓ Most of patient will see the improvement within 3-5 times. If your symptoms don't begin to improve after 6 - 10 times treatments, consult Dr. Kuan-Chung Chou.

First Times Acupuncture Need to know

- The acupuncturist will un-wrap brand new never used sterile needles from plastic packets. We swab the insertion areas with alcohol. We use needles that are sterile, non-toxic and labeled for single use only.
- Relax. Close your eyes. Loosen your muscles. It's the time to focus your energy moving and healing.
- You may feel a small prick when the needle is inserted. After that first instant, you should feel nothing. If you feel a sudden sharp nerve pain, alert to your doctor.
- We may insert up to 10 -15 different needles at various points. Lie still and close your eyes. Relax , rest. And take a little nap.
- If there is undue pain, alert the doctor immediately.
- Lie quietly for the duration of treatment. Don't plan to read. you could listen to quiet music. It's best to simply snooze or meditate.
- Don't fight the treatment. You have decided to receive acupuncture. Now you must relax, not argue, or stress. Otherwise it won't work as well. Go with it. During the treatment, simply lie there. It won't hurt after the first moment.
- Try to relax after the treatment because your muscles need to rest. Bruising is normal if you had needles inserted into you.
- If pain continues for 10 second or more after a needle is inserted, tell your doctor.
- Science studies show the benefits of acupuncture. It is good to keep an open mind about its benefits.
- Following acupuncture, you may notice small red dots where the needles were, or even slight bruising under the skin. These are normal and not cause for concern.
- Feel free to bring your own pillow or throw cover if that makes you feel better during treatment.
- You may not feel any definite change or improvement after the first treatment. It may take 3-5 treatments to begin feeling any change. Often change comes slowly and reveals even weeks after treatment ends.
- Related modalities that may be used include suction cups, hard scraping of the skin with a special bone instrument to stimulate blood flow to the surface, and massage.
- Acupuncture needles may be placed anywhere on the body, depending on what is being treated. Don't be alarmed by needles on the abdomen, scalp, between the eyes, or on the ears.
- Doctor may suggest supplement treatment with herb.
- You may be asked to show your tongue, have your pulse taken and have your abdomen pressed.