



## 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 not use perfume/cologne on the day of your visit.

You can achieve the best results with your acupuncture therapy by following these guidelines.

**AVOID** 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.

Dr. Lamerdin will notify you if you have had the following treatments:

**Acupuncture:** You may experience slight discomfort at particular points needed that day, the reason for this is that the energy can continue moving for days after the treatment. You may have some bruising from 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 a discoloration appear on the skin for a couple days to a week, these are the toxins that were pulled up 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/Interdermal Needles:** These should stay in for up to 5-7 days. If there is irritation at the site remove