



Your safety, comfort, and knowledge of procedures are important

Needles

- ❖ Our needles come in disposable and sterilized packages. New packs are always used for each patient.
- ❖ The needles used are thin as a follicle of hair and rarely hurt, but some pressure points are more sensitive than others. Also, certain conditions cause high sensitivity to touch.
- ❖ You may experience a tingling sensation during the treatment with or without the machine. Do not be alarmed. Feel free to ask one of the assistants if the sensation makes you uncomfortable.
- ❖ Sometimes the area where the needles are placed maybe slightly reddish in color and/or small bumps may form which will go away. This is normal and no cause for alarm.
- ❖ In some cases tiny blood vessels located in a treatment area may be hit, and this may cause a knot, just as when getting a shot This is nothing serious and can be handled by a few simple steps.

Woodlock oil

- ❖ Herbal oil commonly used throughout most treatments for various reasons.
- ❖ Depending on patient' sensitivity, this oil may feel warm and tingly or cool and breezy.

Moxa heating

- ❖ Moxibustion is used on people who have a cold or stagnant condition. The burning of moxa is believed to expel cold and warm the meridians, which leads to smoother flow of blood and qi.

TENS Unit (Transcutaneous Electrical Nerve Stimulation)

- ❖ TENS units are predominately used for nerve related pain conditions (acute and chronic conditions). TENS machines work by sending stimulating pulses across the surface of the skin and along the nerve strands.

Suction Cups

- ❖ Technique used to promote circulation to a specific area.
- ❖ Redness and or bruising may occur which may last for a few days or few weeks.
- ❖ If you are taking blood thinners, such as Plavix, aspirin, etc., your risk for bruising is higher.

Injections

- ❖ Shots given by the acupuncturist and/or medical assistants target specific pressure points and correspond with what you are being treated for.
- ❖ Bruising may occur from an injection. Risks for bruising are higher if you are taking certain medications including blood thinners.
- ❖ Concentrated (thicker) solutions, when injected, may leave a nodule under the skin. This is common because thicker solutions take a while to be absorbed by the body.

What to expect after the treatment

Your relief may be immediately, delayed for a few hours or even develop after 1 to 3 days. The relief may last for a few hours on the first visit and then last longer with each successive treatment. Or, relief may last from the first treatment until your next visit. In some cases, you may feel worse before you get better that is normal detoxification of the body. It is important to recognize that we are all different individuals; so response to treatments will vary.