

**elainemd inc.**

East-West Integrative Medicine  
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## SOME WORDS ABOUT YOUR ACUPUNCTURE TREATMENT

1. No form of therapy “cures” every ailment; acupuncture is not different. The number of treatments before you should expect to see some lasting results is usually related to the length of time that the problem or symptom has existed. Most people need at least 6-10 weekly treatments before they start to feel improvement. Then they wean off by coming every 2 weeks, then every 3-4 weeks, then every 1-2 months for maintenance.
2. Initial acupuncture treatments can be very fatiguing. Please do not schedule any major activities for the evening following your acupuncture treatment. In most cases, you should be able to return to work for the rest of the day.
3. The response to acupuncture treatments can range from no response, to improvement or even transient worsening of your symptoms. We hope, of course, that your symptoms improve, but please do not get discouraged by the transient worsening as it is *transient* (lasts usually less than 24 hours). It also indicates that we have affected Qi and usually means that acupuncture will result in some improvement.
4. Please call or email with a progress report within 48 hours after your first treatment. This allows us to assess the effects of treatment and to plan the next treatment. Always call sooner if your symptoms worsen significantly.
5. During your treatment, please ring your bell or call out loud to get our attention as needed during your treatment. Reasons to seek assistance include: loss of a needle, discomfort at the site of the needle insertion, discomfort with the electrical stimulation, loss of the sensation of the electric stimulation or positional fatigue or discomfort.
6. Please do not eat a heavy meal for a few hours prior to your acupuncture appointment. Eat lightly the rest of the day following your treatment.
7. Avoid any alcohol, sweets, sexual activity and foods that are difficult to digest (e.g. bamboo shoots) for 24 hours following treatment.
8. If you have any questions, please ask!

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