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Information Sheet

Before treatment Advice

Eat a light meal a couple of hours before treatment.

Wear loose clothing, which is easy to pull up or to one side, to reduce the need to get completely undressed.

Aftercare Advice

Drink plenty of water to aid rebalancing and hydrating of the body.

Most people find acupuncture relaxing and often feel very calm after a treatment. You may feel a little tired or sleepy and should take this into account if you are planning to drive or use heavy machinery straight after your treatment.

You should refrain from vigorous exercise after treatment and, ideally, give yourself a little time to rest. It is also advisable not to drink alcohol for several hours after treatment.

Does acupuncture have any side-effects?

Acupuncture has very few side effects and any that do occur are usually mild and self-correcting.

- Drowsiness occurs after treatment in a small number of patients. If affected, you are advised not to drive.
- Minor bleeding or bruising occurs after treatment in about 3% of treatments.
- Pain occurs in 1% of treatments - tell your practitioner if you are in pain/discomfort.
- When releasing muscles there may be some soreness the day after.
- Cupping and gua sha can sometimes temporarily mark the skin. Such bruising is painless and generally clears within a day or two.
- Existing symptoms can get worse after treatment (less than 3% of patients)
- Fainting can occur in certain patients, particularly at the first treatment.

Are there any risks from the treatment?

Acupuncture is a skin piercing technique, and like all other skin piercing techniques carries a risk of cross infection. In the case of acupuncture, these risks are minimized:

- Needles are all single use, sterilized and disposable.
- The practitioner follows British Acupuncture Council (BAC) guidelines developed by leading experts in the field of skin piercing.

You can reduce the risks and side effects of treatment further by ensuring your practitioner knows anything about you that might increase the risk of treatment, such as history of fits, fainting, funny turns, a pacemaker or electrical implant, a bleeding disorder, use of anti-coagulant medication like warfarin or damaged heart valves. A well trained practitioner will take account of these in their treatment plan.

Cancellations

If you wish to cancel an appointment, please give at least 24 hours notice, otherwise the appointment fee is payable.

Privacy Notice

A copy of our privacy notice is available to read in clinic and on the website.