



Some advice to get the most benefit from your acupuncture treatments and to feel better faster.

Before you come for your acupuncture visit:

- Bring a list of all medications and supplements you are taking.
- Wear no make-up or perfume, especially on your first visit.
- Loose clothing is more convenient. We ask the patient to undress if the painful area is difficult to access otherwise.
- Do not drink coffee at least 5 hours prior to your visit.
- Have a light meal or snack before the visit. Heavy meals can cause nausea. Empty stomach can be the cause of dizziness after the treatment.
- Drink enough water on the day of the treatment.
- Do not eat or drink food that changes the color of your tongue.
- Do not drink alcohol.

After your acupuncture visit:

- Do not drink alcohol.
- Do not eat greasy or spicy food.
- Rest is preferable. Make the day as easy as possible.
- Do not exercise.
- Do not shower.

Patient: \_\_\_\_\_ Date: \_\_\_\_\_