

# Group Acupuncture Therapy

## Patient Guidelines & Instructions

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- Try to eat before you have a treatment. When possible try not to have coffee, cigarettes, drugs or alcohol for about one hour before and after treatment.
- Please refrain from wearing perfumes/colognes, as they might stimulate allergic reactions in others.
- Please use the restroom before treatment. You will not be able to walk around with the needles in.

### Upon Arrival:

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- Sign in, then have a seat and make yourself comfortable.
- Please turn off your cell phone and speak quietly in consideration of others who are relaxing.
- Use an alcohol wipe to clean the inside of both ears. (Basket of wipes is located on the check-in table).
- Please move long hair away from your ears.
- If this is your first visit, your practitioner will come over to you to do a brief medical screening and answer any questions. Acupuncture is quite safe but sometimes there are contraindications for the use of certain acupuncture points. *Please let us know if you are pregnant, taking blood-thinning medications, or have a history of fainting, epilepsy or another serious medical condition.*

### During Treatment:

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- Relax! Take this quiet time to breathe, meditate, catnap, or daydream. Please do not use any electronic devices. If your hands need to be busy, perhaps knitting/crocheting, drawing/coloring would be helpful for relaxation, but please respect and maintain a peaceful environment for others.
  - The needles are left in place for about 40 minutes. If you need the practitioner's attention at any time, or would like the needles to be removed, please raise your hand. In particular, if you are ever uncomfortable or lightheaded, please let us know immediately.
  - If one of your needles falls out, please notify the practitioner by raising your hand. The practitioner will retrieve the fallen needle and may insert a new needle. **DO NOT TOUCH ANY NEEDLES.**
  - Occasionally, a point will bleed when the needle is removed. The practitioner will press a dry cotton ball or Q-tip on the point if this happens.
  - Treatment may also stimulate the release of emotions for some people. This is quite normal – release of these feelings are part of the healing and recovery process.
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**Please join us again next week, and feel free to refer others who could benefit from treatment!**