



PHONE: 302-422-3100 * ACA-DE.COM * FAX: 302-422-2900

Welcome to Your Traditional Acupuncture Visit

We're excited to support your health and wellness. Please review the following information to help you prepare for your appointment.

Before Your Appointment

- Eat a meal at least **2 hours before your visit** (treatment cannot be done on an empty stomach)
- Stay hydrated and plan to **drink water after your treatment**
- Avoid **alcohol for 24 hours after treatment**
- Wear **loose, comfortable clothing**

Common Conditions Treated

- Back and neck pain, sciatica
- Stress, anxiety, and depression
- Headaches and migraines
- Digestive issues
- Insomnia and fatigue
- Dry eyes
- Female Conditions
- And many more...

What Acupuncture Feels Like

- Needles are **very fine (hair-thin)**
- Most patients feel **little to no discomfort**
- You may notice:
 - A slight pinch or pressure
 - Minor bruising (rare)
 - A small drop of blood (normal in some cases)