



## Acupuncture Treatment Plan and Frequently Asked Questions

Standard documentation provided to patients at their first acupuncture visit. *This document can be found online at [www.acu-evolve.com](http://www.acu-evolve.com)*

*Please contact your acupuncturist at (248) 955-1215 or email [info@acu-evolve.com](mailto:info@acu-evolve.com) with any questions related to your treatment.*

**Acupuncture Frequency:** Discuss in more detail with your acupuncturist. Typically, we recommend weekly acupuncture sessions when starting a treatment series. Once you are feeling better, continue with a maintenance schedule typically every 3-6 weeks for most patients.

### General Recommendations:

- Increase water intake the day of your treatment by 1-2 glasses. Try to drink at least 64 fluid ounces of water daily, as tolerated.
- Epsom salt soak for 30 minutes the evening after your treatment can be helpful with achy muscles, as needed. Standard ratio is 2 cups Epsom salt and 1/2 cup baking soda.
- Remember to not increase activities too quickly when feeling better to prevent re-injury. Remember, your body is still going through a healing process even when pain has decreased.
- Begin the anti-inflammatory diet recommended by Dr. Weil. [www.drweil.com](http://www.drweil.com) Consider the elimination diet if the anti-inflammatory diet doesn't reduce pain after 6 weeks.
- To help promote the relaxation response and shift your body into parasympathetic mode between your acupuncture sessions, try to meditate or perform deep breathing exercises for 20 minutes two times per day. If you have a smart phone, download the apps Calm and Insight Timer.
- The front desk can help with questions related to scheduling appointments, insurance and billing.

### General Acupuncture Guidelines:

- Drink extra water before and after your visit.
- Eat a small meal at least 2 hours prior to your visit.
- Wear loose fitting clothing that can be pulled up to your elbow or knees.
- If you have physical therapy, chiropractic or massage on the same day, schedule acupuncture after these treatments.
- If you are coming to the clinic to stop smoking, please make sure your last cigarette is 24 hours prior to your appointment. Make sure to ask the office to send you a list via email of recommendations to help stop smoking that you can begin 2 weeks prior to your appointment.

## **What to Expect / Post Treatment Care:**

### **How should I schedule follow up visits?**

- Because the body is always changing, subsequent visits are recommended after your first visit. A typical treatment course of acupuncture can be 10 or more sessions. Usually after 5 visits, we can tell if acupuncture will be a good treatment strategy for your condition. Sessions can be 1-2 times a week for a month followed by additional treatments every 1-2 weeks until stable.

### **During your acupuncture treatment today, needles may have been placed on the front of your chest and/or your back over the chest area.** We are very careful where we place acupuncture needles.

- The needles are carefully inserted into the skin and muscle in these areas at an angle to avoid any damage to the lungs. If after a treatment, over several hours or a couple of days, you experience any difficulty with chest pain or difficulty with breathing, **call 911 or go immediately to the emergency department for evaluation.**
- There is a small risk of collapsed lung (pneumothorax) from acupuncture to the chest and back, which **will need to be evaluated by the Emergency Department** with a Chest X-ray or CAT scan of the chest. **Please notify our office at (248) 955-1215 after your emergency department visit.**

### **The treatment was absolutely relaxing but a few points were a bit more sensitive than others.**

- Certain acupuncture points tend to be more sensitive than others. In addition, sometimes a patient will feel an unusual sensation (e.g., heaviness, dull ache, twitching, etc.) around the needle. We call this de-qi or “arrival of qi” sensation. This response during needling is usually considered to be positive.

### **What else is necessary besides the acupuncture treatment itself?**

- You will be in the treatment room for approximately forty minutes to an hour for your acupuncture session. During that time, acupuncture needles will be inserted. You might receive moxibustion, cupping, gua sha or electrostimulation on the needles.
- After the treatment, you might be advised to limit activity, perform certain exercises, apply heat or ice packs, and/or in some cases, altering your occupational and recreational activities may be necessary. Following a cupping or gua sha (scraping) session, you may have some soreness and/or bruising, and should drink plenty of water. The bruising will subside and disappear over 3-5 days.

### **What should or shouldn't I do the day of the Acupuncture treatment?**

- It is not recommended to have a treatment with an empty stomach, or have too much caffeine right before. It can increase the sensitivity of the needle insertion. In addition, alcohol and vigorous exercise is not recommended on the day of the treatment. It is important to hydrate the day of your treatment.

### **Besides improvement of my symptoms, what else should I expect from acupuncture?**

- Most patients feel very relaxed and refreshed after the treatment. You may also feel slightly drowsy, lightheaded, or temporarily less focused. This is usually associated with a deep relaxation response from the treatment. These sensations should pass shortly after the treatment.
- Some individuals may experience increased energy, decreased energy, dull aches or emotional releases during or after the treatment. In some cases, symptoms may relapse or intensify temporarily during the course of the treatment. These temporary reactions are usually positive signs indicating that one's body is in the process of healing and re-balancing.
- It is important to note that many symptoms, especially those in chronic illness, typically fluctuate from day to day from various influences such as stress, food, weather, etc. Any negative or positive changes which occur following the treatment may or may not be directly associated with the treatment itself. You are encouraged to communicate with your acupuncturist concerning any changes.

### **Services Offered:**

**Acupuncture:** Acupuncture is performed by the insertion of sterile needles through the skin. After treatments patients commonly feel very relaxed, tired, or foggy headed. Others feel full of energy. For best results plan to relax after a treatment and avoid caffeine, alcohol, and strenuous activity for a couple hours. You may notice changes in your symptoms immediately after your first treatment but commonly you will need several treatments before noticing big changes. Once you do notice improvements they may only last temporarily. Changes typically become more long-lasting after repeated treatments. There may occasionally be side effects such as local bruising, minor bleeding, fainting, pain or discomfort during the treatment, and the possible temporary aggravation of symptoms after the treatment. If you have any concerns about your treatment once you are home, please contact the office.

**Moxibustion:** Moxibustion is performed by burning the herb mugwort in a compressed stick that looks like a large stick of incense and holding it a couple inches above the skin. It is done to warm an area or to redirect energy flow through an area. Because the moxa stick is lit there is a very slight risk of burning or scarring. Precautions are taken to minimize this risk. Please notify your acupuncturist if there is an area of your body with poor nerve sensation so that area and extra precaution will be taken.

**Chinese herbs:** Chinese herbs can help your body fight colds and flu, improve digestion, improve sleep, regulate your menstrual cycle and help with fertility. EVOLVE Acupuncture & Wellness only carries the highest quality of Chinese herbs that are rigorously tested for safety and efficacy from Botanical Biohacking Herbs, Kan Herbs, Evergreen Herbs and SunTen Herbs. In addition to Chinese herbs, we offer a line of topical products to reduce pain including CBD from Good Life Botanicals and Zheng Xie Gu Shui aka Evil Bone Water. Stop taking herbs if you feel you are having an allergic reaction or think you may be pregnant.

**Tuina and Acupressure-Massage:** Tuina and acupressure-massage are used to modify or prevent pain perception and to normalize the body's physiological functions. It may feel a lot like a massage that you are used to but the acupuncturist will be paying particular attention to the acupuncture points and qi flow through an area as a way to improve function and sensation in an area. There may be muscle soreness or achiness or a temporary worsening of symptoms after treatment.

**Electro-acupuncture:** Electro-acupuncture may be administered with your acupuncture treatment. Wires are used to connect a set of needles to a machine that runs a gentle electrical current between the two needles. The sensation feels like a vibration or a pulsation on the needles. It can be used to enhance the effects of an acupuncture treatment and is very good for treating pain as well as many other conditions. There may occasionally be pain or discomfort, the possible aggravation of symptoms, and very rarely a slight electrical shock.

**Cupping:** During cupping, special glass or plastic cups are suctioned onto the patient's skin using either vacuum or heat. The technique helps to increase the flow of qi and blood through the body. A technique of sliding the cups along tight muscles or knots works very well to release tension and loosen the connective tissue to allow for more free movement. Because cupping involves suction there are often bruising-like marks left on the surface of the skin. The vacuum formed by cupping draws up the old non-circulating stagnant blood to the surface so that healthy free circulation can be restored to the affected area, creating space for oxygen, living cells and nutrients for faster recovery. These are not actual bruises. The marks often take 3-10 days to disappear and patients find cupping to be comfortable.

**Gua sha:** Gua Sha is similar to cupping in that it helps to increase qi and blood circulation to a problem area. It is performed by firmly using a repetitive motion across the skin with an instrument similar to a Chinese soup spoon. It is effective in breaking up adhesions and knots within the muscles and allowing the qi and blood to once again to provide nourishment to the area. Similar to cupping, gua sha can leave marks on the skin that should disappear in 3-10 days. The area may be slightly tender to the touch after gua sha.

## **Frequently Asked Questions:**

### **How long is each treatment?**

- Although the treatment usually lasts about 30 minutes for needle retention, please be prepared to spend 45 minutes to an hour in our clinic.

### **Do you use disposable needles? Are there different grades or qualities of needles?**

- Yes, we use only disposable single use needles that are discarded into a medical hazard container. There are a number of different grades. We use only the highest quality needles on the market.

**Is Acupuncture painful?**

- Most patients are pleasantly surprised how comfortable and painless acupuncture treatments are at EVOLVE Acupuncture & Wellness. The main reason why our acupuncture treatments are so painless are the quality and size of the disposable needles that we use combined with gentle stimulation methods. On rare occasion, some individuals with high sensitivity to pain may still feel some painful sensations. The treatment will be adjusted according to each individual case.

**In which part of my body do you put the needles?**

- The exact location of the needles varies between each individual, however, in general needling points are chosen on the entire body regardless of your health condition and the location of your symptoms. Some of the commonly utilized points are located on the forearms, legs, back and abdomen.

**Do I need to undress for the treatment?**

- Most patients will not need to undress for an acupuncture treatment. You may undress to the level of your comfort and if you would prefer you may keep your clothing on. You will be draped during the treatment and only the part of your body being treated is uncovered for a short period of time.

**What else is involved in the treatment session?**

- Nutritional supplements may be suggested. Lifestyle education such as dietary changes and home exercise may be suggested to compliment your care.

**When should I not receive Acupuncture?**

- Acupuncture can be done safely and effectively under most circumstances. However, if you have a high fever or are experiencing any acute or unusual symptoms, you are advised to consult your medical doctor or go to your local emergency department. If you have a cold or other infectious disease that may spread to other clients, we advise you not to come to the treatment or call the office for advice.

**Can you tell me about your policy on late arrival and cancellation?**

- We respect our patient's time and we are almost always on schedule. Please understand that if you arrive late, your treatment will be shortened accordingly, to respect the time of our next patient. Please refer to our policy on late arrival and cancellation for details. It is a good idea to always try to arrive 5-10 minutes early so that you have enough time to settle yourself prior to the treatment.

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