



# LOCKNEY ACUPUNCTURE

## Post Treatment Care

*What to do after receiving acupuncture...*

**1. Drink plenty of water.**

It is important to drink a lot of water after your acupuncture session to flush the toxins out. Acupuncture has a strong detoxifying effect on the body and can occasionally cause a headache on the forehead after your session. The more water you drink, the less likely it is to experience a headache.

**2. Listen to your body.**

You may feel tired after your session, or temporarily light headed. This is normal and will pass. You may feel energized an hour after treatment or the next day. If this is the case feel free to go about normal activity and exercise routines, but be sure to not “over-do” it. We experience a lot of relief with acupuncture, but that does not mean the ailment that brought you in is completely healed. Listen to your body’s cues and rest when needed. This will help the results of the treatment.

**3. Eat mindfully.**

Choose healthy, nourishing foods; avoid greasy, heavy, and processed foods. This will help you feel your best after a treatment.

*What to expect...*

It is normal to feel soreness after your session. You may feel sore in the areas we were focusing on (lower back, neck, etc...), or at the needle site. We recommend using a heating pad to keep the blood moving around the sore areas. The points in the thumb are usually sore for 30 minutes to 4 hours after being used. It is normal to have a bruise or swelling at a needle site. This does not happen often, and is nothing to be concerned about.

Each treatment builds upon previous ones. It is important to follow through with your treatment plan in order to enjoy good results. Chinese Medicine really shines when it is used to deeply heal and change the landscape of your body. This takes time and consistency, but the results are life-changing.

**If you have any questions or concerns, don’t hesitate to reach out. We’re always here to help and support you with your health and wellness goals.**

**The fastest way to reach us is by calling or texting us at 704-796-1579 or emailing us at [LockneyAcu@gmail.com](mailto:LockneyAcu@gmail.com).**

Thanks for coming in! We look forward to seeing you improve!