

EAR ACUPUNCTURE PATIENT AFTERCARE SHEET

To gain maximum benefit from your treatment it is advisable to rest and relax. The system is in a state of flux afterwards and may take a while to settle. Any adverse symptoms should pass quickly.

Unusual effects may include:

- Drowsiness (if affected you are advised not to drive)
- minor bleeding or bruising (occurs after treatment in about 3% of treatments)
- existing symptoms can get worse after treatment (less than 3% of patients). You should tell your ear acupuncturist about this, but it is usually a good sign.
- fainting (can occur in certain patients, particularly at the first treatment.)

More common effects might be:

- Headache
- Feeling an emotional release
- Increased urination

These are all positive signs of a body bringing itself back into balance.

It may be beneficial for you to do the following:

- Drink plenty of water or herbal tea.
- Avoid stimulants such as caffeine
- Avoid alcohol
- Maintain a healthy diet and avoiding large meals.
- Sleep or rest if you feel you need to, particularly the first hour after your treatment.
- Avoid heavy exercise.