

ACUPUNCTURE DO'S AND DON'TS

1. **DO** wear or bring loose clothing to each appointment.
2. **DO** eat a light meal or snack before each appointment; an empty stomach may cause dizziness.
3. **DO** continue all prescription medication and treatments exactly as directed by your physician or other health care providers.
4. **DO** plan to get some rest after your treatment to allow your body to gain the maximum benefit from your treatment.
5. **DO** note and inform the acupuncturist of any side effects or changes in physical or emotional patterns experienced between treatments. This information is valuable in planning your course of treatment.
6. **DO NOT** drink alcohol for 24 hours before or after your treatment. Please make the acupuncturist aware if you have consumed alcohol prior to your treatment.
7. **DO NOT** wear heavy make-up or strong perfume or cologne to your treatment.
8. **DO NOT** take very hot or cold baths or showers on the day of your treatment.

Please keep this sheet for your future reference.