

WHAT TO EXPECT AFTER YOUR FIRST ACUPUNCTURE SESSION

- Many patients feel a strong sense of relaxation during and after the treatment. Some may notice a floating sensation, as if they were weightless, or on the contrary, a feeling of heaviness, as if their body was sinking into the bed. Some may find it difficult to relax during their initial session and this is usually due to mental tension related to the treatment. With continued treatment, relaxation tends to ensue within a couple of sessions.
- After a treatment you may occasionally feel the remaining sensation of the needle, like soreness or numbness at or around the site of acupuncture. This sensation usually last for a few hours, rarely a day. Self massage at the point usually decreases the discomfort.
- Some patients may become emotionally sensitive for a short period of time. In Chinese medicine, it is a good sign indicating that the patient is releasing his/her emotions naturally.
- For patients with chronic pain, the drastic reduction of pain during the session may not last permanently. Pain may come back after a few hours or even a day. For some the therapeutic affects can last days, weeks, or permanently. In most cases a course of treatment is need to re-establish correct circulation and energy flow. Length of treatment has much to do with the severity or chronic nature of your condition.
- In rare cases a patient may experience an exacerbation to their symptoms as their condition begins to unravel. The Acupuncturist will work with you to make the therapy as comfortable as possible and may adjust the length or frequency of treatment to compensate for such reactions.