



www.integratedh.com
+44 (0) 7543 533 497

THE WIGMORE CLINIC
22a Wigmore Street
London, W1U 2RG



www.nickyellis.org
+44 (0) 7599 345 843

WHAT TO EXPECT AFTER ACUPUNCTURE

In general, Acupuncture may make patients feel slightly drowsy/relaxed. This can occur during the session for the strong reactors, or later the same day. Some people may not experience it at all. This does not necessarily mean that Acupuncture has not worked. Many patients sleep very heavily on the same night as their first treatment. Fainting can occur in certain patients, particularly in the first treatment. Existing symptoms can get worse after treatment fortunately this is rare (less than 3% of patients). You should tell your Therapist about this but it is usually a good sign. Usually patients can feel an ache in the area of needle insertion for about 24-48 hours depending on the individual. Pain during treatment occurs in about 1% of treatments. Minor bleeding or bruising occurs after Acupuncture in about 3% of treatments. Excessive drowsiness occurs after treatment in a small number of patients, and if affected you are advised not to drive. Depending on how strongly you react to treatment, it may be sensible to avoid intense physical activity/exertion immediately following treatment.

If your bruise after treatment is particularly big, then do let your therapist know. This is unlikely to be anything to be alarmed about and may just require the use of an ice pack to settle the bruise down.

If you experience any of the following symptoms after receiving acupuncture treatment, then immediately contact your treating therapist and go straight to your GP and/or local A&E department:

- Chest pain
- Chest pain with deep breathing
- Dry cough
- Collapsing