



Useful Advice on Acupuncture

During treatment

Fine needles are inserted through the skin and gently stimulated. Treatment takes around 10 minutes and usually half a dozen needles are used. This is not usually painful although there may be some discomfort. Sometimes the position of the needles may seem strange but there are specific patterns for treatment.

The needles stimulate the nervous system to modify the way pain signals are felt and they aid release of natural pain killers (endorphin and serotonin) into the nervous system.

Acupuncture will make you sleep better after treatment and give a feeling of well-being.

People respond to acupuncture in different ways.

Some notice an immediate effect and others find that several treatments are required.

Generally, 70% of patients respond.

After treatment

You may feel a little tired.

Occasionally the acupuncture sites feel slightly bruised for 24 hours.

It is not uncommon for patients to notice other changes, for example, their back pain improves or other aches become more obvious as the major problem improves.

If you have any concerns please contact the practice.
