Acupuncture Aftercare

Day of Acupuncture

- Stay hydrated with water.
- Avoid taking a shower/bath, swimming, & saunas for at least 8 hours after treatment.
- You may feel tired or energized after acupuncture - either way take it easy & rest, your body is working hard!
- Wait a few hours to enjoy coffee or alcohol.

CACTUS NEEDLE

Days Following Acupuncture

- Return to normal shower/bathing routine after 8 hours.
- Stay hydrated with water to support your body's healing processes.
- Continue to rest if you feel tired the day after treatment, return to normal activity when/if you feel ready *(listen to your body)*.
- If you have a bruise at any of the points, use arnica oil/cream to help ease tenderness and accelerate its healing.
- Notice what comes up in the first 48 hours — how do you feel in your body, what thoughts or feelings are surfacing? Make a mental note or jot a few things down to share during your next session.