



Instructions for Post Acupuncture Treatment Care

針刺治療後護理指導(英文)

Precautions during acupuncture

- For any discomfort, please ring the “Nurse Call Bell” and the nurse will attend immediately.
- Do not move the body or change posture during treatment to avoid pain or cause bent needle and breaking needle as well as other accidents.
- The physician will use electric acupuncture instrument or infrared. Please inform the nurses for any discomfort experienced.

Postcautions acupuncture

- The patient will perceive soreness or swelling after drawing the needle due to needle sensation left and the patient does not need to panic but can massage locally or apply hot compress to alleviate the sensation.
- Minor subcutaneous hemorrhage may cause bruise after drawing the needle and is a result of prick on the dense capillaries. In this case, apply pressure to staunch. Apply ice compress in 24 hours and hot compress in another 24 hours to help absorption.
- Patients can take a shower and wash the hair in 10 ~ 20 minutes after treatment.