

Cosmetic Acupuncture: Patient Information Guide

This handout explains what cosmetic acupuncture involves, what results to expect, and possible risks. It is intended to help you discuss whether treatment is appropriate for your health history and goals.

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1. What cosmetic acupuncture is

Cosmetic acupuncture involves placing very fine, sterile, single-use needles in the face and sometimes other areas of the body. It is offered to improve skin appearance, fine lines, or facial contours.

2. What to expect

Your practitioner will discuss your goals and health history before treatment. They will then place needles at selected points.

You may feel a brief prick or mild sensation. Tell your practitioner immediately if you feel pain or discomfort.

After one treatment, you may experience a noticeable glow and lift.

3. Potential benefits

Our cosmetic acupuncture treatments include constitutional acupuncture. This means we address imbalances in the body such as digestion, insomnia, stress, anxiety, and more.

Cosmetic acupuncture may help some people feel very relaxed and may improve the skin’s appearance, fine lines, facial tone, or facial contours. Results and treatments may vary per individual. It is most often recommended to have 1 weekly treatment for 8-10 weeks and continue for maintenance every 6 months to 1 year.

4. Possible risks

Temporary redness, tenderness, minor bleeding, and bruising can occur. Infection and other serious complications are uncommon but possible.

5. Tell your practitioner before treatment if you:

- Take blood thinners or have a bleeding disorder. Do not stop prescribed medication without speaking with your prescriber.
- Are pregnant, have a weakened immune system, or have difficulty healing.
- Have an infection, rash, open wound, or concerning skin lesion.
- Have a pacemaker or another implanted electrical device.
- Recently had fillers, Botox, laser treatment, or another facial procedure. Wait **at least 4 weeks** after these procedures before getting cosmetic acupuncture.
- It is highly recommended to avoid drinking alcohol 24 hours before your treatment, as this can thin the blood and may result in bruising.

Important: Needles should not be placed through infected skin. Electrical stimulation requires special precautions with implanted electrical devices.

6. Aftercare

- Keep your skin clean.
- Follow your practitioner’s instructions.
- Avoid rubbing irritated areas.

Mild redness or bruising should settle relatively quickly. *Always contact us if you have any concerns or questions.*

7. When to seek medical care promptly

Seek medical care promptly if you develop:

- Spreading redness.
- Worsening pain or swelling.
- Fever or pus.
- New eye or vision symptoms.

This advice is precautionary, as these reactions are very rare. It is important to find a qualified practitioner trained in cosmetic acupuncture techniques.

Before you decide

Discuss whether cosmetic acupuncture is appropriate for your health history and goals before you have a treatment. Ask about the expected benefits, possible risks, and any precautions that apply to you.

Disclaimer: This handout provides general information and does not replace personalised medical advice.