

Auricular Acupuncture Pre & Post Treatment Advice

Before Your Treatment

Eat a light meal or snack before your appointment and avoid attending on an empty stomach.

Stay well hydrated throughout the day.

Avoid excessive alcohol or caffeine for 24 hours before your treatment.

Wear comfortable clothing and allow yourself time to arrive feeling relaxed.

Inform your therapist of any medications, medical conditions, recent illnesses, or changes to your health.

After Your Treatment

Drink plenty of water to support your wellbeing and hydration.

Take your time standing up after treatment, as some clients feel deeply relaxed or slightly light headed.

Avoid strenuous exercise, alcohol and excessive caffeine for the remainder of the day where possible.

Allow time to rest and enjoy the calming effects of the treatment.

You may experience improved relaxation, increased energy, or mild tiredness following your session. These responses are normal and usually short-lived.

Follow any personalised aftercare recommendations given by your therapist.

Possible Reactions

Auricular acupuncture is generally very gentle and well tolerated. Occasionally, some clients may experience:

Mild tenderness at the needle sites

Temporary tiredness

Light headedness immediately after treatment

Temporary emotional release or feelings of deep relaxation

Relaxed to the point of feeling a little "foggy"

Less energetic than usual for a few hours

These effects are typically mild and short-lived, often lasting only a few hours and occasionally until the following day. Many practitioners view this as the body adjusting and responding to treatment, particularly if you've been under stress, fatigued, or haven't had acupuncture before.

Please note: Auricular acupuncture is a complementary therapy designed to support relaxation and overall wellbeing. It is not intended to diagnose, treat or cure medical conditions and should not replace advice or treatment from your healthcare professional.