

Oncology Auricular Acupuncture Pre & Post Treatment Advice

Before Your Treatment

Eat and drink normally before your appointment and avoid attending on an empty stomach.

Wear comfortable clothing and arrive feeling as relaxed as possible.

Let your therapist know if you have a history of dizziness, fainting, skin sensitivities, or any concerns regarding acupuncture.

If you are currently undergoing cancer treatment, please keep your therapist informed of any changes to your treatment plan or medical advice.

After Your Treatment

Remain seated for a few moments after your treatment before standing, particularly if you feel deeply relaxed.

Continue to drink plenty of water and stay well hydrated throughout the day.

Avoid strenuous exercise, alcohol, and unnecessary stress for the remainder of the day where possible.

You may feel deeply relaxed, energised, or slightly tired following treatment. These responses are normal and usually short lived.

Follow any personalised recommendations provided by your therapist.

Contact your therapist if you have any questions or concerns following your treatment.

Please note: Oncology auricular acupuncture is a supportive complementary therapy adapted to your individual needs. It is designed to promote relaxation, comfort and wellbeing and is not intended to replace medical treatment, diagnosis or advice.