


## *Ear Seeds Aftercare*

Ear seeds continue working between treatments by applying gentle, ongoing pressure to specific acupressure points on the ear. Following these simple aftercare guidelines will help you get the most from your treatment.

**Immediately After Treatment**

Keep the ear seeds dry for at least 4-6 hours after application.

Avoid touching or adjusting the seeds unnecessarily.

You may gently press each seed for 10-30 seconds, 3-5 times per day, or as advised by your practitioner.

Apply gentle pressure only. The sensation should never be painful.

**During Your Treatment Period**

Continue your normal daily activities.

Avoid excessive rubbing, scratching, or picking at the seeds.

Take care when brushing your hair, using headphones, or removing clothing to avoid dislodging the seeds.

If a seed falls off naturally, this is perfectly normal. Do not attempt to reapply it yourself.

**Possible Responses**

Many people notice:

Increased relaxation

Improved sense of wellbeing

Better sleep quality

Greater emotional balance

Reduced stress levels

You may occasionally experience:

Mild tenderness at the seed site

Slight redness

Increased awareness of emotions

Temporary tiredness as your body adjusts

These responses are generally mild and short-lived.

**When to Remove Ear Seeds**

Remove ear seeds after 3-5 days, or as advised by your practitioner.

Remove them sooner if you experience significant irritation, discomfort, redness, itching or an allergic reaction.

Gently peel away the adhesive and dispose of the seeds safely.

**Stay Hydrated**

Drinking plenty of water can help support your body's natural balance and wellbeing following treatment.

**Important Information**

Ear seeds are a complementary therapy and are not intended to diagnose, treat or cure any medical condition. If you experience persistent discomfort, skin irritation, or have concerns about your health, please consult your GP or healthcare professional.

**If you experience severe irritation, swelling, pain or signs of infection, remove the seeds immediately and seek appropriate medical advice.**