

## Dry Needling Aftercare Instructions

### How will I feel after a session of dry needling?

- You may feel sore immediately after treatment, this is normal but does not always occur. It can take a few hours or the next day before you feel soreness. The soreness may vary depending on the area of the body that was treated as well as varies person to person. Typically it feels like you had an intense workout at the gym. Soreness normally lasts 24-48 hours. If it continues beyond this, contact your provider.
- It is common to have bruising after treatment; some areas are more likely to bruise than others. Common areas are the neck, face, and chest. Large bruising rarely occurs, but it can. You may also notice small red dots where the needle was inserted which typically resolve after a few hours. If you feel concern, contact your provider.
- You may occasionally experience swelling to a region after dry needling along with a deep - achey feeling. This typically occurs following treatment to the upper traps or the web space between your thumb and pointer finger. Massage and heat to the location will help reduce the discomfort.
- It is common to feel tired, giddy, loopy, 'out of it', or emotional after treatment. This is a normal response that can last up to an hour or two after treatment, it is a positive sign. Nausea, dizziness, lightheadedness can also occur and normally happens during the treatment session. It is important to immediately notify the treating provider upon onset in order to reduce further progression. These symptoms are a positive sign and indicate elevated sympathetics. If your symptoms last beyond a day, contact your provider.
- There are times when treatment may actually make your symptoms worse or you may feel pain in 'new' areas. This is normal. If this continues past the 24-48 hour window, keep note of it, as this is helpful information and will further guide your provider during additional treatment sessions. This is a sign that dry needling will help your condition i.e. if treatment to the area makes symptoms worse, it is a sign that the area is affected and needs treatment.

### What should I do after treatment, what can I do, and what should I avoid?

- It is highly recommended that you increase water intake for the next 24 hours after treatment to help reduce soreness. Soaking in a hot bath/hot tub or utilizing a heating pad can also help post treatment soreness.
- After treatment you may do the following based on your comfort level. If it hurts or exacerbates our symptoms, stop.
  - Perform gentle stretches or active movements of your arms and legs (avoid strenuous exercises/workouts for the next 48 hours).
  - Massage the area
  - Avoid ice to the treatment area if possible. It will negate the effects of the treatment session. Heat will be more effective to reduce soreness.
  - Avoid anti-inflammatories for the next 24-48 hours unless needed/directed by physician.

**If you are having difficulty breathing, having chest pain, or any other concerning symptoms after treatment to include within the next 4-6 hours following, contact us immediately. If you are unable to get a hold of us, call your physician.**