

DRAGON ACUPUNCTURE

**Pacific Beach Office
2727 De Anza Rd. # T9
San Diego, CA. 92109**

619-840-7536

www.dragonhealingnow.com

BEFORE & AFTER YOUR ACUPUNCTURE TREATMENT

The following will provide you with some advice to get the most benefit from your acupuncture treatments and to avoid side effects.

- Bring a list of all medications and supplements you are taking.
- Wear no make-up or perfume, especially on your first visit.
- Wear loose comfortable clothing.
- Avoid alcohol for 24 hours before and after treatment.
- Do not drink coffee at least 5 hours prior to your visit.
- Have a light meal or snack before the visit. Heavy meals can cause nausea. An empty stomach can be the cause of dizziness after the treatment.
- Drink plenty of water on the day of the treatment.
- Do not brush or clean your tongue. Don't eat or drink food that changes the color of your tongue.
- Continue all prescription medications and treatments exactly as directed by your physician or other health care providers.
- After your acupuncture treatment rest is preferable. Make the day as easy as possible.

Please keep this sheet for your future reference.