

Evenstar Acupuncture and Integrative Medicine

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General After Care Instructions:

Following your first treatment there are several things that you need to do:

1. No unnecessary exercise for 24 hours – rest as much as possible!
2. Drink lots of water for the rest of the day.
3. We recommend Heat (not Ice), unless otherwise stated.

**** IMPORTANT ****

Any medications you are taking should not be reduced / discontinued without first consulting with the prescribing physician and/or the CAOM doctor you are seeing.

For those that are being treated for pain related problems: such as arthritis or nerve impingements from either sciatica or spondylosis/stenosis, Fibromyalgia, tennis elbow, golf elbow, etc.:

1. Heat treatments at home are recommended such as heating pad, warm compress or in certain situations hot tubs will be beneficial
2. Cold is NOT recommended as this will further contract the muscles that are causing the nerve impingement.
3. Stretching can also be beneficial for those with sciatica complaints. However, stretching is ONLY advised following the first few appointments and you are no longer in severe pain. Stretching is a preventative and palliative care. Stretching will help alleviate the muscle tension when waking in the morning and throughout the day.
4. Mild activities are allowed.
5. Golfers/ Tennis elbow activities recommended to stop as continued play will aggravate pain and worsen condition.
6. No weight bearing exercises or heavy lifting.
7. Those with sciatica are advised to limit activities to 40 minute increments. Such as do not sit for longer than 40 minutes, this includes driving. Also do not stand for more than 40 minutes. Change you position (stand up, sit down, walk around) every 30-40 minutes. This will help alleviate discomfort. If you like to exercise by walking, this applies as well; stop walking and rest for at least 5 minutes before continuing your walk.
8. Those being treated for Fibromyalgia (FMS) should relax as much as possible and get adequate sleep. This condition will worsen if you are tired, fatigued or stressed out emotionally or physically.

For those with nerve impingement related pain:

1. It is common for symptoms to feel worse for a few hours after the first treatment in nerve related pain. Following this period, there should be improvement going forward.

Patients receiving treatment for anxiety, stress, insomnia:

1. Depending on how long symptoms are/were present will determine the course of treatment. Typically the long term condition will require a longer treatment plan; however, this will also depend on your body's response to acupuncture as well.
2. Results are usually seen over the course of a few (or more) treatments.
3. Relaxation is recommended after the first treatment as to allow your body to fully utilize the treatment.
4. Diet changes may be necessary also. Coffee is not recommended after lunch, try switching to tea or water.
5. No chocolate at or before bedtime as it does contain caffeine and this will interfere with falling asleep.
6. Please remember that anxiety and insomnia are often co-existing, meaning, if you do not get enough rest the stress on the body will cause anxiety and anxiety will perpetuate the insomnia.

For patients receiving treatments for high blood pressure:

1. Keep a documented log of blood pressure both in the morning and the evening (this will be provided by the clinic).
2. If you experience any of the following symptoms please seek medical attention as soon as possible:
 - a. Shortness of breath
 - b. Chest pressure (as if an elephant is sitting on the chest)
 - c. Chest pain that radiates into the arm
 - d. Severe dizziness
 - e. Loss of consciousness
 - f. Loss of vision

If You Have Any Questions or Concerns:

Please don't hesitate to contact the office – we are happy to help answer any questions you may have. If it is after hours, please leave a message and we will call you back as soon as possible. (941-366-8810)

If it is a medical emergency and you need immediate assistance, please call the appropriate help.