



What to Expect

- Everyone responds a little differently after Dāo Needle Therapy.
 - Most common: Dizzy or light headed, giddy, or no symptoms
 - Rare (10-15%): initial increase in pain or symptoms for 24 to 48 hours

Drink lots of water

- Water is your friend! Your body will be releasing toxins which have been trapped for a long time and dump them into your blood stream- PLEASE help flush them away!
- Not hydrating enough following acupuncture can cause those toxins to settle into the muscle tissues and cause *stiffness, soreness, headaches and even nausea headaches.*
- Please remember- drink **half** your body weight in ounces per day!

Avoid Stress

- Your body is still responding to the Dāo Needle Therapy, even after you leave the office. For better, longer lasting results, try to avoid as much stress and excessive exercise as possible.

Take Notes

- We are narrowing down how your body response to Dāo Needle Therapy, as well as identifying stressors/irritants that make your symptoms worse throughout your regular day. Taking notes will help us focus our treatments and speed-up your recovery time.

Always call if anything comes up in between treatments. Don't wait until your next visit, we are here to help! 😊