

Thanks for choosing Suffolk Community Acupuncture



We are delighted that you have decided to try acupuncture with us and hope that you find your experience helpful. Please read through the information below as it contains important information about your treatment and aftercare.

Aftercare

Acupuncture will often make you feel relaxed and somewhat 'spaced out.'

Please take care and give yourself plenty of time following your treatment. If you are required to drive you are safe to do so, just be aware that you have had treatment.

It is important that you drink plenty of water after your treatment to help facilitate your bodies healing.

This will also help to reduce your tiredness. Please read the other side of this aftercare document for an in-depth look at what acupuncture is all about and what to expect.

About acupuncture

Acupuncture has been about for thousands of years and there are many different theories and practices that have developed over this time. Modern research has shown that acupuncture can affect most of the bodies systems including among others the nervous system, circulation, the muscles, the fascia and hormone production. Therefore Acupuncture is likely to help on some level to stimulate the body's ability to heal itself. If you would like more information please ask.

What to expect

At SCA we treat people in a communal space to help reduce cost, maximise effect and promote a sense of community. You will not be required to remove any clothing other than your shoes and socks.

We use a style of acupuncture that utilizes the bodies many reflexes, channels and connections you will often receive treatment in parts of the body that are distant from the problem area. This means we can treat many differently problems using points that are below the knees and elbows and in your head face and ears. Please wear loose clothing so you are able to roll up you trousers and sleeves.

Most patients find the effects of treatment relaxing and often gain a feeling of general well being. The needles used are single use and pre-sterilised. They are painless and cause very little trauma with only a small number of patients experiencing minor bleeding or bruising. The needles can remain in for between 20-60 minutes, or however long you need, and will sometimes be stimulated to gain a feeling which is know as 'De Qi.' This can be a deep, achy or tingling feeling and often produces a warming effect. De Qi can help with the effectiveness of treatment, but is not essential. Very good results can be achieved with as little as 2-3 sessions, however best effects are most often gained from on-going treatment spaced out appropriately. This can vary depending on the patient and their condition and can be between 6-12 sessions per course of treatment. Some may need many more treatments consisting of more than one course in order to achieve significant improvements.

Some people find acupuncture so beneficial that they decide to continue with treatment on a regular basis – weekly or monthly depending on the need.

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