



Center for Student Health & Counseling
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GROUP ACUPUNCTURE: WHAT TO EXPECT

Symptom relief may take one to ten, to ongoing treatments, depending on: the condition, how long you've had the condition, how strong your energy is and the general state of your health.

CLOTHING: Patients remain fully clothed and are seated in zero gravity reclining chairs. Please wear clothing that allows you to roll sleeves up to the elbow and pants up to the knees, if possible. Normally we place needles below the elbows and knees, and in the head. If there are any parts of the body you do not want touched or needled, please let us know.

SCENTS: We like to keep the acupuncture room fragrance free, except for the smell of topical ointments. Many of our patients are sensitive to smells. Please avoid wearing any perfume, cologne, or scented lotions to your appointment.

SOUNDS: Out of consideration for others, and to get the most out of your own treatment, please turn cell phones off completely. We will have music. You may bring your own music (with earbuds) if no one else can hear it.

TIME: Treatments normally last about 60 minutes.

FOOD: It's not a good idea to get acupuncture on an empty stomach, so please eat something ahead of your appointment. Please do not bring open food containers into the treatment room.

PAIN: Does acupuncture hurt? There may be a slight prick, or a sensation when the needle catches the Qi, after that there is typically no pain, and only a slight, pleasant sensation that is often felt as the Qi of the body is activated. We use single-use, sterile, disposable needles for safety and to reduce the risk of infection.