**Treatment Guidelines**

In order to maximize the benefit of treatments and to allow your practitioner to get the most accurate sense of your condition, please follow the following guidelines.

* Plan enough time to arrive and depart without rushing.
* Do not schedule anything emotionally or physically stressful immediately after your treatment. This is especially important if you are a new client and do not know how acupuncture typically affects you. Sometimes allowing time to relax afterwards is beneficial.
* Be sure to have had something to eat on the day of treatment prior to your arrival. This lessens the chance of feeling faint with treatment. Although, a heavy meal just prior to or after treatment is not recommended.
* Avoid perfumes and scented deodorant and lotions.
* Avoid make-up if possible.
* Avoid alcohol for 24 hours before and after a treatment. Arriving while still feeling effects from alcohol could compromise the effect of treatment. After a treatment, one might feel the effects of alcohol more quickly and with less volume than usual.
* Avoid caffeine for 6 hours before and after a treatment.
* Avoid strenuous exercise for a few hours before and after a treatment.
* Do not have a hot shower, bath, or sauna a few hours before or after a treatment.