



THE UNIVERSITY
of EDINBURGH



Improving lifelong well-being

What to expect during an acupuncture treatment?

What should I wear?

Please come in loose and comfortable clothing.

What happens before the needles are inserted into my body?

During your first and follow-up acupuncture appointments, Dr Chong will welcome you into a treatment room. Typically, she will ask you some questions about your pain, emotions and sleep. She may ask to look at your tongue to learn more about your general health.

This is also a good time for you to engage in a dialogue with Dr Chong: ask questions about your acupuncture treatment and discuss your pain or any other issues.

Where are the needles inserted?

When you are ready to start the acupuncture, you will be instructed to lie down on a couch and make yourself comfortable. Dr Chong will ask you to point to where your pain is before inserting needles into the skin. Where the needles are inserted will depend on where your pain is: the acupuncture treatment is specifically tailored to you.

Will my pain go away immediately after the needles are inserted?

Most patients report an immediate drop in pain level. However, everyone is different.

How long are the needles left in for?

The needles are usually left in for 20-30 minutes.

Sometimes the needles are stimulated with a tiny amount of electrical current attached to the needles. This is called electro-acupuncture which aims to give longer pain relief.

What sensation do I feel when the needles are stimulated with electrical current?

Some patients report a mild tingling sensation and/or mild involuntary muscle twitches which might feel “strange”, but it should not hurt.

How long does an acupuncture treatment last?

An acupuncture treatment typically lasts 45-50 minutes.

What should I do after an acupuncture treatment?

Dr Chong recommends that you take it easy on the day you have your acupuncture treatment: for example, try to engage in calming and gentle activities such as being more aware of your breathing, walking or having a quiet dinner with your loved ones or significant other.

We hope you enjoy your acupuncture treatment.