



# Dry Needling

## What is Dry Needling?

Dry Needling is also known as Western acupuncture or Medical Acupuncture. It involves inserting a fine needle into certain points of the body to aid many things such as pain, nausea, hot flushes and migraine. It is given by a fully qualified practitioner

## What happens during a treatment?

The treatment is usually given whilst you lie flat or sit up, it may involve undressing to allow access to the relevant trigger points. The therapist will use very fine needles which are inserted into the skin. These may be stimulated lightly to enhance the benefit of treatment.

## How long does a session last?

Therapy sessions last up to 50 minutes, although the first sessions will usually take a little longer to allow time for an initial assessment. We are currently able to offer a set of 6 sessions for patients and 3 for family members and carers.

## How will I feel after a treatment?

After a treatment, you may feel very relaxed and sleepy. Sometimes people feel energised and want to use their energy. If you feel tired it's best to have a sleep. If you feel energised take care not to overdo it! You may feel thirstier than usual and it may help to have a glass of water to drink. It is recommended that you avoid alcohol on the day of the treatment.

*Complementary therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.*