

Post Dry Needling Treatment Instructions

After your treatment you could feel a number of different ways and have a variety of reactions that are typical and that should not alarm you. Below you will find the more common effects associated with Dry Needling Treatment.

1. You may feel very tired for a few hours, you should always drink water after treatment to help flush any metabolic “junk” that occurs with manual therapies out of your system.
2. You could also feel very energized and euphoric, that is generally appreciated. Do not overdo it however as your body may need some time to fully recover.
3. You could develop a bruise, while not always pretty, do not be alarmed, but do report it to the doctor.
4. You may see reddened areas or feel a raised or lumpy reaction, this will typically pass within a few hours or by the next day, and these are typical tissue reactions that are of no concern.
5. You could feel sore in the area of treatment for up to 24 hours, take a hot shower and then apply ice. Feeling sore or dull ache is very typical.
6. You may feel a temporary increase in your symptoms but will often improve the next day.
7. Report any and all of your reactions to the doctor whether good or bad.

Patient Signature

Date