



XU'S ACUPUNCTURE
& Integrative Care Clinic



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Patient's Post – Care Instruction

Fu's Subcutaneous Needle (FSN) Care/Modern Acupuncture Post-Care

For a better result, I recommend my patients to keep the sterilized FSN catheter under the skin for a while to continue improving the targeted muscle's blood circulation, but it is your choice. Once the catheter is in, you can remove it at any time for any reason. If you have any concerns, you may refuse this option. If you want to keep it in, remember to remove it the next morning.

To Remove:

1. Take off the tape
2. Pull the catheter out
3. Press a cotton ball on the opening for about 1 min. Most of the time there will be no bleeding. If it is bleeding, keep the cotton ball there until the bleeding stops.

Chinese Herbal Tea

Capsule Form: take as prescribed

Herbal powder form:

1. Measure out the amount prescribed into a cup
2. In a separate cup heat about 2oz (60ml) water
3. Pour the water into the cup with the herbal powder and dissolve by mixing thoroughly
4. Add a little bit of room temperature water to adjust it to a drinkable temperature
5. Take according to my instructed schedule for the best results.

Exercises

1. Try to do 3-5 groups of the assigned exercises daily.
2. Each group consists of doing the exercise 3 times.
3. Follow the 10 – 1 rule each time you do an exercise. Resist for 10 seconds, follow with at least a 1 min break.

Slight fatigue after treatment is a normal response. It should resolve after some rest. If you have any more concerns, please reach out to me at 4024524565. If it is an emergency, please call 911.