

Press needles at home

Press needles are a really helpful way to **continue your treatment between visits**.

Press needles are often used for:

- Relief from **morning sickness**
- Treating **pain** conditions
- Helping **baby's position** before birth
- Stimulating **ear reflexology points** for a variety of health conditions

Your acupuncturist has **cleaned the skin** and placed a press needle on the **precise point** to be stimulated. It is a small circle with a tiny point, about 1mm in length. It is held in place with a sticking plaster.

What you need to know

Comfort

The site should be **comfortable when you move around** – if you feel discomfort, please tell your acupuncturist and they can reposition it for you.

Care

For any site that can be rubbed against in normal activities, especially around ankles and feet, we recommend **covering the press needle** with the sticky part of a Band-aid for extra protection.

Hygiene

If you feel **redness, soreness or heat** around the site then please remove the press needle and apply your normal antiseptic treatment eg cream or tea tree oil.

Removal

You can **leave the press needle in place** for about three days, including swimming and bathing. Please peel it off after this time and dispose of appropriately – you are welcome to bring it in a small jar to place in our sharps container.

Questions

Please **contact your acupuncturist** at any time if you have any questions or concerns.

