

## Frequently Asked Questions Concerning Acupuncture & Surgery

- What is the benefit of acupuncture in conjunction with my surgery?

Acupuncture has been shown to reduce pain.

Following surgery, you will receive medication for your pain. Acupuncture can lower your pain level, often reducing the dose and duration of your pain control medications.

Acupuncture can reduce inflammation.

Inflammation causes pain and can slow tissue healing. Acupuncture has been shown to reduce inflammation and swelling, thereby lowering pain levels and speeding the healing process.

Acupuncture can reduce nausea.

Nausea after surgery can make an uncomfortable situation even worse. Acupuncture can relieve these symptoms, reducing the need for additional medicines, and facilitating a more manageable recovery.

Acupuncture improves your breathing.

It is important, following surgery, to keep your lungs open and clear. Post surgical pain and/or prolonged bed rest can sometimes interfere with one's ability to breathe deeply. This can increase the risk for respiratory problems that can lead to Pneumonia. Acupuncture can help you keep your lungs open, and may boost immunity.

Acupuncture can help you sleep.

In addition to decreasing pain, Acupuncture is very relaxing and can help you to get the much needed rest that is often difficult in the days following a surgical procedure.

Acupuncture can increase peristalsis.

After any surgery, it may take a while for your digestive tract to return to normal. Constipation is a common post-surgical problem that can be due to general anesthesia, bed rest, or Narcotic pain medications. Acupuncture can help resolve this uncomfortable and potentially serious condition

- Why should I get the first treatment before my surgery?

Excessive swelling at the time of surgery can negatively affect the outcome of any procedure. Acupuncture can significantly reduce swelling which may enhance the outcome of any surgical procedure.

It is helpful to experience an Acupuncture treatment at least once before your surgery.

The effects of Acupuncture are strongest when the symptoms are at their worst, but it is a good idea to have your first acupuncture treatment in a more relaxed setting. It's a great time to meet your Acupuncturist, ask questions, as well as get a taste of what a treatment will feel like. (The needles have a sensation that is hard to describe.)

Acupuncture's effects are cumulative. Acupuncture can help to relax your body, and boost your immunity to help prepare for the procedure.

- **How many treatments should I get?**

**▣We recommend 2 treatments to start.** The first treatment should be shortly before your surgery to get you started. Your second should be as soon after surgery as possible to help you recover from possible side effects of anesthesia, and help reduce inflammation before it starts.

**▣We recommend follow up care on an individual basis.**

Most patients recover from their surgery without complications and feel reasonably well within a few days. For those patients, continuing with frequent acupuncture treatments may not be as critical. Some patients will experience more swelling, pain, or other symptoms which can be improved with more frequent treatments. We work with each patient on an individual basis to determine the best plan.

- **How much is this going to cost?**

**▣ Treatments outside of the hospital, @ East of the Tetons' office cost \$40/tx.**

EOTT is a fee for service provider, and will expect payment for each treatment at the time of service. House-calls are an additional fee. Some insurance will cover acupuncture treatments, especially when prescribed by a doctor, but you should check with them first to find out if your plan covers this. Receipts will be provided to you, if requested, so that you may submit them to your insurance provider for reimbursement. Fees for other acupuncturists in town vary.

**This information was provided by Taug Boschen of East of the Tetons Acupuncture as educational material, not advertising. We have 13 Acupuncturists in Jackson.**