

## Acupuncture-General Information

We're proud to be one of the only veterinary practices in Western New York to offer this safe and effective treatment method. This flyer is intended to give answers to some of the more common questions about acupuncture for animals.

### **What is acupuncture?**

Acupuncture is the stimulation of specific points on the body via the insertion and manipulation of very fine, sterile needles in the superficial tissues of the body. Each treatment is tailored to your animal's unique situation based on a thorough medical history review, careful physical examination and assessment of the body's neurological and musculoskeletal systems. Our technique builds on the tradition of the ancient Chinese Acupuncturists by incorporating the cutting edge of today's neuroscience to yield a system of treatment that is as powerful as it is complementary to other therapeutic techniques.

Acupuncture is one of several methods of neuromodulation - a process where the body is encouraged to "tune up" or "calm down" various elements of the nervous system, thereby influencing the natural balance between "stressors" and "relaxers" that are supposed to exist within in the body. Imbalance creates disease.

### **Real Life Effects:**

- Improved function of nerves
- Relaxation of muscle & fascia  
Control of pain and inflammation
- Improved mood and quality of life
- Better circulation and healing

### **What kinds of things can you treat?**

Although early any medical problem can benefit from acupuncture treatment, here are some common conditions that are frequently benefited by acupuncture:

- Arthritis
- Allergies
- Anxiety and other behavioral problems
- Post-operative/trauma recovery
- GI and Urinary dysfunction
- Chronic pain

### **Does acupuncture hurt and are there any side effects?**

Most patients find their treatment enjoyable, or at least tolerable. Some pets even fall asleep during treatment. Except in extreme cases, we do not sedate our patients and encourage clients to stay with their pets during treatments.

Acupuncture has been used for thousands of years as a safe and gentle treatment. In the hands of a qualified and appropriately trained medical professional, acupuncture is incredibly safe. On occasion, some patient's symptoms may seem a little worse the day after treatment. Usually within a day or two this effect passes.

### **What should I bring to an acupuncture appointment?**

An open mind. Friends curious about acupuncture that are willing to quietly observe (and don't stress your animal). A portable kennel for your feline friend, with a removable top if possible. A list with any questions or concerns, including notes about changes since your last visit. Treats that your pet loves to eat (especially if your pet has specific dietary needs). Your pet's favorite bed/blanket/pillow. Comfortable clothing that allows you to sit on the floor with your animal if you wish.

### **How many times do animals typically need to be treated?**

Normally two or three treatments lasting 20-30 minutes are given within the first two weeks, then the frequency is tapered to what is appropriate for each case. Depending on the type of illness, severity of symptoms, and overall health of the animal, this may be once per week, once per month or two, or simply as needed.

### **How should I prepare my animal for acupuncture?**

Take your dog for a relaxing stroll before your appointment, make sure that opportunity is given for "nature to call". Try not to schedule any stressful or exciting appointments (grooming, play dates, routine vet visits, etc) back to back with acupuncture. We are frequently trying to get the "fight or flight" response calmed down! For all patients, but especially cats, try to change as little of your daily routine on acupuncture days as possible- animals are incredibly capable of picking up on our non-verbal cues! Give any prescription medications or supplements as usual.

### **When can I schedule an appointment?**

Right away! Call our hospital to reserve an appointment as early as this week with Dr. Aimi for acupuncture.

