



### **Instructions to patients receiving Facial Rejuvenation Acupuncture**

#### **Cautions:**

You are not a good candidate for facial acupuncture if you have:

\*High blood pressure

\*Diabetes

\*Migraines

\*Coronary Disease

***It is absolutely contraindicated if you are pregnant.***

Migraines can be aggravated.

Facial acupuncture will cause botox to wear off faster. Please let me know if you've had facial work done and when.

Please advise if you have herpes, the facial treatment can bring on an outbreak.

Please advise if you have blood disorders or vertigo.

#### **Tips for optimizing the youthfulness of your face:**

- 1) Use sunscreen to prevent fine lines, and dark spots
- 2) Eat a diet low in saturated fats and sugar and high in fiber
- 3) Eat 6-8 cups of vegetables/fruits per day and 12-16oz protein
- 4) Drink 6-8 glasses of water per day, NO SODA
- 5) Limit your consumption of Caffeine and Alcohol
- 6) Sleep 7-9 hours per night
- 7) Practice some form of relaxation every day
- 8) Get at least 4 hours of exercise each week, it increases oxygen and blood supply to skin and reduces stress
- 9) (optional) Use Aculift derma roller every other day until your skin adapts and then use it every day. The dermaroller increases collagen production and increases skin care product absorption.

#### **Prepare for your treatment:**

Please come with a freshly washed face. If you cannot, I have makeup remover wipes for your use. Wear a shirt with a wide neck if possible so I can have easy access to the clavicle, if not you can remove your shirt and I have a sheet to cover you. **Read and sign the Informed Consent Form.**

#### **Brief Questionnaire: (can be written out or discussed at your appointment)**

What are your biggest concerns regarding your face?

Any other areas to focus on?

Do you bruise easily?

Do you have issues with acne?

Is your face red or pale?

Puffiness?

Allergies?

Sensitive skin?

Previous surgeries on face?

Have you had Botox/ fillers/ microdermabrasion? Laser?

Any concerns about pore size?

Any other concerns?