



Chronic Pain Solutions:

*Complementary & Alternative Medicine -
Backed by Mainstream Science & Technology*

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Ear & Hand Acupuncture for Dry Mouth & Eyes Treatment Guidelines and Frequently Asked Questions

Please follow these instructions for both before and after treatment. Prior to the acupuncture treatment, we will discuss your medical history. All appropriate patient forms must be filled out prior to treatment.

- ✦ **Please make sure you have eaten at least 2 hours prior to treatment... but do not eat, drink, or place ANYTHING in your mouth 45 minutes prior to treatment.**
- ✦ Prior to treatment your mouth/eyes will be evaluated for saliva and/or tear pool volume.
- ✦ One minute prior to treatment you will be given sugar-free candy (BreathSavers) to dissolve in your mouth, and throughout treatment. This stimulates the nerve supply to your salivary and eye glands.
- ✦ After you receive ear and hand acupuncture treatment, you will remain seated upright in the treatment chair for 10-15 minutes. I will return to re-evaluate your saliva and/or tear production, and determine your treatment needs.
- ✦ In most cases, only 2 treatment sessions are required (must be performed on consecutive days).
- ✦ For the next 14 days, you must suck on sugarless candy every 2 hours (except at bedtime).

Frequently Asked Questions

- ✦ ***"What exactly are you treating on the ears and hands to affect saliva and tears?"*** We are stimulating acupuncture points which trigger restored function to areas of your brain, which control salivary gland function and tear production (hypothalamus, vagus nerve, and pons/midbrain).
- ✦ ***"How soon after radiation or chemotherapy can this treatment be performed?"*** It may be done one month or later after such cancer treatment.
- ✦ ***"Do acupuncture needles have to be used?"*** No. In most cases I use a specialized electro-acupuncture device—designed for the ears and hands. Specific micro-current electrical frequencies generated by this instrument provide extremely effective acupuncture treatment. Patients may request either needles or electro-acupuncture. In some cases, I may choose one or both methods.
- ✦ ***"Can I have other acupuncture treatment, or procedures for other health problems on the same day?"*** No. There must be a 24-hour gap between dry mouth/eye acupuncture and any other type of treatment.
- ✦ ***"Do I need to have maintenance treatments?"*** It is rarely the case. Improvements typically last for months. Symptoms however, could be exacerbated by use of prescription medications, chemotherapy or radiation treatment. Patients may request additional treatment, but this is rarely necessary.
- ✦ ***"What happens if I don't show any improvement after one treatment session... do I have to do the second treatment the next day?"*** Lack of improvement is extremely rare, and I have not yet observed such. Although recommended, patients are not obligated to try again the next day.
- ✦ ***"Have there ever been side effects from this treatment?"*** No, there have never been any.
- ✦ ***"Do insurance companies pay for this treatment?"*** Many very costly procedures in dentistry, cosmetic surgery and other elective medical procedures are not covered by insurance. This is an *inexpensive* treatment in comparison; but there is currently no insurance coverage available.