



Northern Hope
Veterinary Care

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Acupuncture and Your Pet

Acupuncture is a relatively painless holistic approach to treating animals that originated in ancient China that can be used to treat a large array of problems proactively or reactively. This form of treatment has been successfully used to help treat anything from anxiety and aggression issues to spinal issues, pain, and paralysis. Acupuncture works by placing small needles into specific points in the body in order to stimulate the nerves and increase blood flow to the area causing the body to heal itself naturally, by stimulating the whole body especially the immune and neurologic systems. Although in some instances acupuncture can be used as a stand alone treatment it also pairs very well with western medicine along with other more holistic treatments, meaning that every animal can get treatment fine tuned to their individual body and needs.

Aqua Acupuncture:

Aqua Acupuncture is another form of acupuncture that Dr. Sara will commonly perform in conjunction with dry needle acupuncture. This form of acupuncture involves inserting liquid, commonly B12, into acupuncture points under the skin. This is a more lasting form of acupuncture because the liquid continues to stimulate the acupuncture point it was inserted into after the needles are removed whereas needles only stimulate the points for the duration of the treatment.

Electro Acupuncture:

Electro Acupuncture is done by using a Tens unit made specifically for acupuncture in order to connect two points together by running an electrical current through them. This electrical current helps the needles to stimulate the acupuncture point and channels, and helps to teach the targeted nerves to fire the correct way. The use of electricity on acupuncture points can also trigger an endorphin release which are the body's natural pain management hormones.

Dr. Hooge may use one or a combination of these treatments as she sees fit in order to make a treatment plan for your pet. When deciding on the best way to treat your pet she will take into account your pet's age and lifestyle, what we are treating, the severity of the problem, past diagnoses, and any other treatment options that would benefit your pet.

Post Acupuncture Care Instructions:

To help your pet to get the most out of their acupuncture appointment.

- Acupuncture can be used to clear the system, so give your pet plenty of water after their acupuncture session.
- Your pet may feel very good and energetic after acupuncture, but it is important to have them stay calm for the following 24-48 hours to avoid injury
- Monitor how they do afterwards and take notes, so we know how to adjust future treatments (ie: overly tired, positive/negative changes, questions, how long they show positive change after treatment.
- Please call with any questions or concerns

Signs to Watch for:

Just like any other medical care that your pet would receive there are some expected side effects that you should know to watch for and monitor.

- Any excess B12 that the body doesn't use will come out in the urine so don't be alarmed if your pet urinates red
- Because we are using the body's energy to help heal them it isn't abnormal for your pet to be more tired than normal and you are encouraged to let them rest
- It is also possible for your pet to feel good after acupuncture and want to run and play. It is important to not let them overdo it.

Medication Changes:

Physical Therapy:

Recommends Chiropractic: Y / N

Appointment Frequency:

The ultimate goal of acupuncture is to do it either on an as needed basis or every 4-6 weeks. In order to build up to that point we like to start out by having regular appointments and slowly space them out per Dr. Sara's discretion.

Your Appointment was on: _____

Schedule your next visit in: _____