

## ACUPUNCTURE & HERBAL WORKS

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### Staple Care Instructions and Tips

1. **MOST IMPORTANT:** Keep the ear clean. Care for this like you would a piercing. You want to attempt to avoid infection.
2. **ALWAYS wash your hands before touching ear.** Best- **Don't Touch It** at all.
3. Apply triple antibiotic ointment for the first 24 hours or if it gets sore or red or itchy.
4. Clean with Alcohol or Peroxide with a Q-tip. Keep them dry.
5. Staples may be sore for a few days. Take aspirin if needed.
6. The pain should never be unbearable. It could be sore for a few days and periodically if it gets irritated. **Have removed if too painful, red or irritating.** Clean more frequently and apply triple antibiotic ointment if it gets sore. If you can't clear it up, get it out.
7. **Massage in front of ear 5-6 times a day, 20 to 30 seconds, especially before eating.** This is **CRITICAL**. If you don't do this, this won't work. Make it routine - associate it with eating and always stimulate before or while eating. Be **VIGOROUS**. Move that ear.
8. Most people loss inches as well as pounds, so measuring as well as weighing every 1-2 weeks will help gauge your process.
9. Pay attention to how you feel and stop eating when no longer hungry. Do something instead of eating - garden, sing, paint, anything!!!! **EAT LIKE YOU'RE TRYING TO LOSE WEIGHT!** The staples help tremendously, but doesn't do it on its own. You are the guard at your own lips.

There is no guarantee of weight loss. It works for some people and not for others. Rate of loss will differ for different people. Weight loss may be slow and steady rather than fast. If you don't feel the effects for a couple days, stimulate the points more. Thru the female cycle, they will have different effectiveness. Keep at it!! Staples last from 6 weeks to 6 months. Average is 3-4 months. As long as they are working and you are having no problem with them, it is okay to leave them in. When the staples have lost their effectiveness you will need to have them removed. Wait 3-4 weeks before receiving a new set. There is no cost for removal. Second sets are at a discounted price. Any questions, feel free to call or email [acupuncturing@hotmail.com](mailto:acupuncturing@hotmail.com) .