



Onnetsuki Treatment

Pre-Appointment Preparation Guidelines

Treatment is only available after we have received your e-signed Informed Consent. Please read these Preparation Guidelines carefully in conjunction with the Treatment Information Guide to ensure that we can maximise the efficacy of your treatment.

Contraindication

Please advise us if any of these apply as if so, we cannot offer you this treatment for safety reasons.

Pregnant
Pacemaker
Metal implants
Internal metal clips
Aortic aneurism
Recent surgeries
Bleeding or Clotting disorders
Allergies
High or Low Blood Pressure

On the day

NO **bath or shower for at least 8 hours before** your appointment
NO **exercise for at least 8 hours before** your appointment
NO **food for at least 4 hours before** your appointment
NO **hot, bubbly or alcoholic drinks for at least 2 hours before** your appointment

At the clinic

It is your responsibility to remove your phone, credit cards and any metal items from your pocket as the Onnetsuki may interfere with their function

Please advise your clinician if you have a cold or flu, medication change or possibility of being pregnant

You must follow the instructions of the clinician and declare any concerns during the treatment, such as such as nausea, dizziness, a fear or anxiety reaction, and inform the clinician if experiencing pain or discomfort.

After Care

Do not to eat or drink for 30mins afterwards to allow the area to normalise

Do not take bath, shower or do exercise for at least 8 hours following a session.

It is important to keep this healing energy and heat undisturbed within your body for at least 10-12 hours.

Drink more water than normal to assist the cells in clearing toxins

Take time to get plenty of rest