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OrthoBethesda Therapy Services

What to Expect after Dry Needling (DN) Treatments

How will I feel after a session of DN?

- Immediately after treatment, you may feel some soreness in the area of the body where you were treated. This does not always occur, but should be expected and is considered normal. It may take up to a few hours, or even until the next day, to feel an onset of soreness. The soreness may vary depending on the individual and the area of the body that was treated. It typically feels as though you have had an intense workout at the gym. Soreness typically lasts 24 to 48 hours. When you come to your follow-up appointment, make sure to indicate to your provider how long the soreness lasted.
- Bruising from the treatment is possible. It is not a cause for concern. Some areas are more likely to bruise than others, including the shoulders, chest, and portions of the extremities. Large bruising rarely occurs, but is possible. Use ice to help decrease the bruising and please call your provider if you are concerned.
- It is common to feel tired/fatigued, energized, emotional, giggly or "out of it" after treatment. This is a normal response that can last up to an hour or two after treatment. If this lasts beyond 24 hours, contact your provider as a precaution.
- There are times when treatment may exacerbate your symptoms. This is normal and may indicate that you need to follow up with your practitioner sooner to continue treatment. If this continues past the 24-48 hour window, make note of it. The information from your report can help your provider adjust your treatment plan. Symptom exacerbation does not mean that DN cannot help your condition.

What should I do after my treatment?

It is highly recommended that you increase your water intake for 24 hours after treatment to help avoid or reduce soreness. We also recommend soaking in a hot bath or hot tub to help relieve post-treatment soreness and to alleviate the symptoms associated with the treatment you received. You may perform any of the following activities after DN treatment, based on your comfort level. Please note that if any of the following activities hurts or exacerbates your symptoms, then it is best to discontinue the activity.

- Work out and/or stretch.
- Participate in normal physical activity.
- Massage the area.
- Use heat or ice as preferred for post-treatment soreness.
- If you have prescription medications, continue to take them as prescribed.

What should I avoid after treatment?

- Unfamiliar physical activities or sports.
- Doing more than you normally do.
- Excessive alcohol intake.

If you are feeling light-headed, or experience difficulty breathing, chest pain, or any other concerning symptoms after treatment, call us immediately. If you are unable to get a hold of us, please call your physician.