

# Albany Acupuncture Health\_and Wellness Newsletter

Susan Wallace

Belated Happy New Year!

Hi All,

I hope 2013, the Year of the Snake, is bringing you all renewed vigor and health. As you can see, I have started to use a more graphical approach to my monthly newsletter so I can include images, photos and links to articles, book reviews and websites. Let me know what you think about this change and if you have a suggestion about what you would like me to write about. Thanks.

In this newsletter I will talk about the use of acupuncture after surgery. Over the last 20 years, I have used acupuncture to treat post-surgery conditions like pain, nausea and slow healing.

Last week, I visited and treated my very special high school friend, Linda, after her surgery. Linda had abdominal surgery to remove an adrenal gland and benign tumor from her kidney. I was able to be with her right after the surgery and for the following two days. The surgery lasted for 3 hours and her surgical team did a great job.

She had a previous abdominal surgery in the fall and became very nauseated afterwards and asked me to help her. When she told the anesthesiologist that she would be getting acupuncture right after the surgery for nausea and recovery, he approved. When Linda came out of the recovery room she was very groggy and nauseated. She was given the option of staying in the hospital overnight, but we opted to take her home where I would be able to treat her with as much acupuncture as she needed.

**Day one**, she mostly slept and became nauseated upon moving around. I gave her two treatments for nausea and pain and she then had an uneventful night. By the next morning, less than 24 hours after the surgery, she was able to walk downstairs and started eating. Best of all, the nausea was gone and she had very

little pain. She had a prescription for pain killers that she never needed.

**Day two**, I treated her with acupuncture for bloating, discomfort and to accelerate recovery. By dinnertime, her family scolded her for clearing dishes from the dinner table. She slept and rested early on, but was on the phone and iPad communicating with her friends and business connections. It was very satisfying for me to see my friend's energy and spirit come back so quickly. She was very compliant doing what I recommended, as she felt the healing effects of the acupuncture working.

**Day three**, my friend was up and dressed in the morning. I examined her coloring, eyes and took her pulse, which were all back to normal. I never would have guessed she had just gone through major surgery three days earlier. We went for a 45 minute walk around her neighborhood and in the afternoon, she went with us to the grocery store. When I left for the airport that evening, she was looking great and in good spirits.

Over the last 20 years, I have treated many of my patients after surgery and always find the healing and recuperative powers of acupuncture to be amazing. What I learned from this case is in order to maximize the healing benefits of acupuncture, you should receive treatment as soon and as often as possible following the surgery.

I know I can't move in with all of you if you ever need to have surgery, but I want to encourage you to schedule an acupuncture appointment as soon as you know you have to undergo surgery. \_\_\_

Blessing,

Susan Wallace