Cosmetic / Facial Acupuncture

Patient: _____ Date: _____

STARTING TREATMENT PLAN

8-visit cosmetic series

usually weekly

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Changes are generally subtle or temporary; cosmetic results are not guaranteed.

AFTER YOUR TREATMENT

Avoid vigorous facial rubbing immediately afterward; protect skin from sun.

WE WILL TRACK

Your appearance priorities and treatment tolerance; photos only with consent.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

Unexpected skin changes, infection signs or severe reactions should be assessed.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.