

# Class 3 -

## Retention and Removal Techniques

### Retention of Needles

20-30 Minutes is ideal, but should be tempered to patient

Excess or Heat - less time

or possibly just insertion and removal in particular when bleeding point

Pain, Deficiency or Cold - longer time

### Removal of Needle

1. Rotate Slightly

2. Avoid Bleeding

A. Points near eyes (e.g. UB 1, UB 2, GB 1, ST 1, ST 2, SJ 25 Yu Yao)

1 Minute of pressure with cotton ball after removal

B. Scalp Area

3. Remove All Needles

4. Closing Techniques:

Sedate - Leave more open - just touch with cotton ball

Tonify - Close - apply slight pressure with cotton ball