

# Ear Seeds, Pellets, & Tacks



## What Is Auriculotherapy?

Auriculotherapy is the stimulation of specific points on the ear, which is believed to be a microsystem of the entire body.

### Side Effects & Contraindications

- If you are pregnant please consult your doctor before using Ear Seeds.
- If skin irritation occurs from the ear seeds, or if swelling should occur, remove the ear seeds immediately and contact your doctor if symptoms persist.
- If you have a latex allergy notify your physician before use as there are different adhesives used.

Sometimes, when a point is “active” the ear seed will make the ear feel a little sore. This is normal. If discomfort persists you can remove the seeds/tacks. This discomfort is different than a skin irritation.

On rare occasions, some extremely sensitive people may experience slight nausea or dizziness upon application. This should disappear within the first few minutes after application.

## How does it work?

Small black seeds (from the vaccaria plant), small metal beads, or tacks are secured on the ear with a small piece of adhesive tape over specific acupressure points in the ear. The continuous mild pressure they exert is amplified by stimulating the seed or pellet with a few seconds of fingertip massage every few hours. Seeds and pellets do not break the skin, whereas tacks are very short needles that do puncture the skin.

## How Long Do I Leave Them in My Ear?

- Seeds and pellets can be left on for up to 5 days.
- Tacks can be left in for 3 days.
- Do all you’re your normal activities: showering, sleeping, swimming etc.
- They may fall off sooner, depending on where they’ve been placed.
- After 5 days of wear, remove, discard, and clean the skin.

\* Bring ear tacks back to the office in a small pill bottle for proper disposal