



SIX FISHES

CHINESE MEDICINE FOR ALL

After Care for San Fu Moxa

The herbal mixture applied to your skin is supposed to feel hot. San Fu treatment aims to have the heat from the herbs penetrate the body to stimulate an immune response.

Each person reacts differently, making it hard to know exactly how your body will react until you try it. Everything from your skin tone to genetics, age, medications, and your current health status, will impact whether you will scar and what that scar will look like.

The most common reaction is a sensation of heat, redness, and itching at the application site.

Other common reactions can include:

- Slight fever
- Sore throat or flu-like symptoms lasting approximately 24 hours.
- Blisters: some people will have blisters that can take up to 72 hours to appear.
- Red dots that are about the same color as a sunburn when they first remove the herbs.

The blisters' color, size, appearance, and location will vary. Sometimes only a few of the points will blister. In contrast, other points that were applied at the same time will appear seemingly unaffected. The skin may also darken and create a thin scab-like covering that will eventually fall off, exposing healed pink "baby" skin underneath. All of this will fade, and permanent scarring is unlikely.

How long should you leave them on?

Remove the San Fu applications after 6 hours or if they become overly hot and itchy - whichever comes first. If a child is being treated, remove the herbs after 30 minutes.

- Gently clean the skin with soap and water, then gently pat the skin dry with a clean cloth or towel.
- If blisters appear, treat them as you would with any normal blister: keep them clean and covered and avoid sun exposure to the area while the skin heals. Our office has effective and soothing herbal burn creams you can apply to the area.
 - If fluid comes out, do not remove the top layer of skin.
 - Using Neosporin or a topical cream that works well for you is fine. Do not use medicines known for taking the heat out of a burn because you want to preserve the Yang herbal remedies delivered through the skin into the muscles. However, you want to ensure the blister does not become infected as it heals.
 - Wheat germ oil, tamanu oil, or Mederma scar gel all work wonders to lighten the color of scars.

Call us if you have any questions or concerns. 215-772-0770