

Acupressure for Nausea After Surgery

Information for Patients and Families

What Is Acupressure?

Acupressure is a simple, safe technique where gentle pressure is applied to specific points on your body. It has been used for thousands of years to help with nausea and vomiting. It does not involve needles and is not painful.

Your care team may suggest acupressure to help prevent or reduce nausea after your surgery. It can be used on its own or together with anti-nausea medication.

What Is the PC6 Point?

The PC6 point (also called Neiguan) is on the inside of your wrist. To find it:

Locating the PC6 Point

1. Turn your hand so your palm faces up.
2. Place three fingers from your other hand across your wrist, starting at the wrist crease (the line where your hand meets your arm).
3. The PC6 point is just below your three fingers, right in the centre of your wrist, between the two tendons you can feel there.
4. Press gently — you may feel a slight ache or tingling. That is normal.

What Are Acupressure Wristbands?

Acupressure wristbands (such as Sea-Bands) are stretchy fabric bands with a small plastic button on the inside. When worn correctly, the button presses on the PC6 point on your wrist.

- They are worn on **both** wrists.
- A nurse will help you put them on before your surgery.
- You can keep wearing them after surgery and even take them home.
- They cost about \$5 and can be reused.

What to Expect

- **No pain.** You may feel mild pressure or a gentle tingling on your wrist. This is normal.

- **Wear them before and after surgery.** Your nurse will put them on about 30 minutes before your operation. Keep them on afterwards.
- **They work with your other medications.** The wristbands can be used alongside any anti-nausea medicine your doctor prescribes.

Common Questions

Is it safe?

Yes. Acupressure wristbands have been studied in many clinical trials. Side effects are mild and uncommon — some people notice a slight redness or indentation on the wrist. There is no risk of infection because no needles are used.

Does it work?

Yes. Research shows acupressure wristbands reduce nausea after surgery by about 40%. They also reduce the need for extra anti-nausea medication.

Can I use it with other medications?

Yes. Acupressure works well alongside standard anti-nausea medicines. In fact, using both together can be more effective than either one alone.

What if I still feel sick?

If you feel nauseous while wearing the bands, try these steps:

1. **Check the band position** — make sure the button sits firmly on the PC6 point (see instructions above).
2. **Press the button** firmly against the PC6 point for about 2 minutes.
3. **Tell your nurse** — they can adjust the bands and provide additional medication if needed.

BOTTOM LINE

Acupressure wristbands are a safe, low-cost way to help prevent nausea after surgery. They are easy to use, have no serious side effects, and can be worn alongside your usual medications. If you have any questions, please ask your nurse or doctor.