

## Information Sheet

**Please read the following information carefully and do ask or contact me if you are unsure**

### What is Acupuncture?

Acupuncture is a form of therapy where the practitioner inserts fine needles into specific point on the body according to the unique requirements of the individual person.

An acupuncturist will use a number of different techniques including:

- Tui Na Massage – Combining acupressure on points, unique deep tissue massage techniques and joint mobilisation.
- Moxibustion – where smouldering herbs are burnt over certain areas or the end of the needle.
- Heat Lamp – A warming lamp is directed over specific areas of the body
- Fire Cupping – a vacuum is created inside a glass cup using a flame to drawn in the skin to release muscular tension and even alleviate coughs and colds.
- Electro Acupuncture – electrodes are attached to the needle to provide ongoing stimulation.

### Is treatment safe?

Yes! Acupuncture is very safe and any side effects are very rare. Needles are single use to prevent cross infection and specialist training has been carried out to ensure good techniques are used.

### Are there side effects?

- Drowsiness occurs after treatment in a small number of patients. If affected you advised not to drive, operate machinery or undertake vigorous exercise.
- Minor bleeding or bruising occurs in 3% of treatments
- Pain can occur during treatment, approximately 1%. This is different to the sensation of “De Qi” where your body reacts to the needle insertion.
- Existing symptoms can get worse after treatment in a small number of cases, but will usually improve in a short period of time.
- Some patients are prone to fainting especially in the first treatment.

**If there are specific risks in your case it will be discussed with you further**

### Please inform me if:

- You have experienced a fit, fainting or funny turn
- You have a pacemaker or metal implant
- You have a bleeding disorder or are taking anti-coagulant medication
- You are taking any other medication
- You have damaged heart valves or have any particular risk of infection

### What to do before and after treatment:

- Arrive in good time to begin your appointment. If you arrive late, your time won't be extended. If you cancel within 48hours of your appointment you will be charge the full fee.
- Refrain from drinking alcohol or taking recreational drugs before the treatment.
- Wear loose fitting and comfortable clothes, if this is not possible you can bring clothes to change into.
- Have something to eat up to an hour before the appointment, an empty stomach can lead to light headedness.
- Allow yourself plenty of time before driving or returning to work
- Eat well and stay hydrated for the rest of the day.
- Take plenty of time to rest after the treatment