

## Acupuncture Informed Consent

Every person responds differently to acupuncture. There is a small amount of the patient population (about 10%) that does not respond to acupuncture. If after 10 treatments your body does not respond, you will fall into this category of the population. In addition, some people feel their symptoms become worse before they start to improve. That is a natural response and may be the way your body responded to the treatments. This does not occur to everyone, but it is important to know a head of time so you may know what to expect. Some people feel an increase in sensitivity at any time in the course of treatments. The sensations usually last for up to a few hours, and though they may feel uncomfortable, it is a good sign that you may be responding to the acupuncture stimulation.

### **It is important to inform you of the possible side effects of acupuncture:**

1. There is a slight chance that a bruise may appear at the site of the needle insertion. The bruise should dissipate within a few days. This may or may not occur at any time during your course of treatments. During a course of cosmetic acupuncture, the chance of bruising may increase during later treatments. Please plan any personal events around the possibility of facial bruising.
2. Slight swelling may occur around the insertion site. The swelling will usually dissipate within 2 to 24 hours. This is just a skin reaction and happens rarely.
3. Slight redness may appear around the site of insertion. This is usually due to an increase of blood circulation around the needle. This is fairly common and disappears after a couple minutes or hours.
4. If the needle brushes the sheath of a nerve, the area will be sore during and after that treatment for several days. This occurs very rarely.
5. You may experience some light-headedness or dizziness after a treatment. This usually lasts only a few minutes. There is no hurry for you to leave. If you need to sit for awhile, please feel free to do so. Also, you may be slightly tired after a treatment, which is due to the body being induced into a period of relaxation.
6. Although extremely rare, there is a chance of a needle puncturing an organ. Please evacuate your bladder before a treatment, and inform me of any coughing, shortness of breath, abdominal pain, or lower back pain you may be experiencing before or during a treatment.

I have been made aware of the possibility of complications, which may result from these procedures. These include infection (rare), bruising and bleeding into the tissues, pain and discomfort, tiredness, fainting, aggravation of existing symptoms for a short time. I have carefully read and understand all the above information and I am fully aware of what I am signing. I understand that I may ask my practitioner for a more detailed explanation. I give my permission and consent to treatment.

Patient's Signature \_\_\_\_\_ Date: \_\_\_\_\_

(or Representative) Relationship to Patient: \_\_\_\_\_