



PATIENT INFORMATION AND CONTACT SHEET

Please read this carefully, and ask your practitioner if there is anything that you do not understand.

What is acupuncture?

Acupuncture is a form of therapy in which fine needles are inserted into specific points on the body. Moxibustion, cupping and guasha are forms of therapy often used alongside acupuncture. Moxibustion is where a smouldering herb called 'moxa' is used to warm acupuncture points. Cupping where a vacuum is created in a 'cup' to stimulate acupuncture points. This technique can cause red or purple circles on the skin, which can turn into bruises. The skin is not damaged in any way and the bruising usually fades in a few days. Guasha is where the practitioner uses a stroking action to apply pressure to the skin with a specialised round-ended instrument. This technique causes small red or purple spots (petechiae) called 'sha' to appear. The skin is not damaged in any way and the redness usually fades in a few days.

Is acupuncture safe?

Acupuncture is generally very safe. Serious side effects are very rare – less than one per 10,000 treatments.

Does acupuncture have side-effects?

You need to be aware that:

- drowsiness occurs after treatment in a small number of patients. If affected, you are advised not to drive
- minor bleeding or bruising occurs after treatment in about 3% of treatments
- pain during treatment occurs in about 1% of treatments
- existing symptoms can worsen after treatment (less than 3% of patients). You should tell your acupuncturist about this, but it is usually a good sign
- fainting can occur in certain patients, particularly at the first treatment.

In addition, if there are particular risks that apply in your case, your practitioner will discuss these with you.

Is there anything your practitioner needs to know?

Apart from the usual medical details, it is important that you let your practitioner know:

- if you have ever experienced a fit, faint or funny turn
- if you have a pacemaker, or any other electrical implants
- if you have a bleeding disorder
- if you are taking anti-coagulants
- if you are taking any other medication
- if you think you may be pregnant
- if you have damaged heart valves or have any particular risk of infection.

If you experience any unusual symptoms after treatment, or if you are concerned about any aspects of the treatment which you have received, contact your practitioner as soon as possible on:

Practitioners Name Lee Moden **Contact Number(s)** (01837) 214888 (01392) 927299

To view the way we use, share and store your personal information, as well as the legal basis on which we are using it and your access to it, go to our website: www.classical-acupuncture.co.uk and select the GDPR Privacy Policy from the 'Patient Information' drop-down menu option.