

Possible Side Effects of Acupuncture

Please read the information below, and ask your practitioner if there's anything you do not understand. Though it is not possible to anticipate all the possible risks, please be aware of the following possible side effects related to acupuncture.

Acupuncture is safe treatment involving the insertion of tiny sterile disposable needles through the skin. Minor bleeding or bruising may occur. Dizziness or fainting may occur. The patient should inform the practitioner if they feel any dizzy or light-headed during or after an acupuncture treatment.

Cupping involves a localized suction by cup. It commonly leaves circular local bruising due to suction. Very rarely a blister may appear due to the heat.

Tui-Na (Acupressure): Tui-Na is a Chinese massage technique that uses pressing, rubbing, kneading, and pinching to bring your body back into balance. This technique is applied to the channels, collaterals, and points of the acupuncture system. Manipulating the body with these methods locally promotes blood accumulation and removes blood stasis.

Ear Acupressure: Small seeds or metal beads are attached to points on the ear by adhesive tape. The seeds can stay on the ear for 3 - 5 days. Pressure from the seeds may be uncomfortable for some patients. It is advised to press on the seeds several times a day to reach the maximum effect. If any itchiness or rash occurs on the ear, the patient should immediately remove the tape and seeds.

Heat Treatment with a TDP Lamp: This is used to warm an area of the body. Every precaution is taken to prevent over warming, but the rare possibility of mild burns exists.

Three-Edge Needling: It's used to prick superficial vein for bloodletting to promote blood circulation, remove blood stasis, resuscitate and expel heat. It's often used to treat high fever, loss of consciousness, convulsion, local pain, energy & blood stagnations. Sometimes, it is combined with cupping to drive stagnated blood out.

Dermal Needling: Multiple, mild needle pricks are applied to an area. Slight bleeding is likely.

Electro-Acupuncture: A mild electric micro-current (similar to a TENS treatment) is used to stimulate the acupuncture points. A mild tingling or tapping sensation will be felt.

Cancellation Policy

I understand there is a 24 hour cancellation or rescheduling fee of a full appointment. I will inform Ocean Wellness 24 hours prior to my appointment if I need to cancel or reschedule an appointment.

Patient Informed Consent to Acupuncture Treatment

I, or the person listed below, have discussed with my acupuncturist Yasmin Devji the specifics of my assessment or treatment and understand the nature, risks and reasons for this procedure. I voluntarily consent to Traditional Chinese Medicine/Acupuncture and understand that I may withdraw my consent and halt my participation at any time.

I understand that some of the techniques used under the scope of Traditional Chinese Medicine include the use of sterile, single-use needles to penetrate the skin. Additional treatment methods can include, but are not limited to: acupuncture, acupressure, the electrical stimulation of needles, cupping or moxibustion, gua sha, and Tuina. Before any of these procedures are performed, my practitioner will discuss my treatment options and only proceed if my consent is given.

My practitioner has informed me of the risks and symptoms of treatments, which can include, but are not limited to: slight pain, light-headedness or nausea, soreness, bruising, bleeding or discolouration of the skin, pneumothorax and the possibility of other unforeseen risks. I freely accept the risks involved with my procedure.

I will inform my practitioner if I currently have or develop any major health issues, if I suffer from any type of major bleeding disorder, or if I use a pacemaker.

I understand that I must let my practitioner know if I am carrying, or believe to have any infectious agents, including but not limited to HIV, TB and Hepatitis. In some cases where cross-infection is high, my practitioner may withhold treatment.

I understand that there are no guarantees for the results of treatments. Traditional Chinese Medicine does not often provide an instant cure. The length of my treatment depends on the severity of my condition. In some cases my symptoms may temporarily worsen before they begin to improve.

I am responsible for the full and prompt payment after services have been rendered. I understand there is a 24 hours cancellation or rescheduling fee of a full appointment. I will inform Ocean Wellness 24 hours prior to my appointment if I need to cancel or reschedule an appointment.

I have discussed the content of this form with my practitioner. I acknowledge that I have asked any questions I may have and received answers I understand. By signing this form, I give my informed consent for Traditional Chinese Medicine treatments.

Patient Signature

Practitioner Signature

Date

Date

Guardian. Print name

Guardian Signature

Date