

Does Acupuncture have Side Effects?

- Drowsiness occurs after treatment in a small number of patients, and, if affected, you are advised not to drive (1%)
- Minor bleeding or bruising occurs after acupuncture (3%)
- Pain during treatment can occur (1%)
- Symptoms can get worse after treatment. You should tell your acupuncturist about this, but it is usually a good sign (3%)
- Fainting can occur in certain patients, particularly at the first treatment (0.3%)
- Pneumothorax (collapsed lung < 0.0002%)
- Broken/stuck needles (0.1%)

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 diabetes
- If you are or could be pregnant
- If you have recently had a course of chemotherapy
- If you have a pacemaker or any other electrical implants
- If you have a bleeding disorder
- If you are taking anti-coagulants or any other medication
- If you have damaged heart valves or have any other particular risk of infection

Consent

Your practitioner will obtain your consent prior to your first treatment session. You have the right to refuse or withdraw your consent at anytime.

**Single-use, sterile, disposable
needles are used.**

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A Guide to Having Acupuncture

What is Acupuncture?

Acupuncture is a treatment that can relieve symptoms of some physical and psychological conditions and may encourage the patient's body to heal and repair itself, if it is able to do so.

Acupuncture stimulates the nerves in skin, muscle and other tissues, and can produce a variety of effects. We know that it increases the release of the body's natural painkillers, including β -endorphin and serotonin, in the pathways of both the spinal cord and the brain. This modifies the way pain signals are received by the brain. Acupuncture can do more than simply reduce pain however: it seems to have a beneficial effect on the health of some individuals. Patients often notice an improved sense of wellbeing after treatment.

Current research shows that acupuncture can affect most of the body's systems – the nervous system, muscle tone, hormone production, circulation, and allergic responses, as well as the respiratory, digestive, urinary and reproductive systems.

Each patient's case is assessed by the practitioner and treatment tailored to the individual, but a typical treatment involves fine needles being inserted through the skin and left in position briefly, sometimes with manual or electrical stimulation. The number of needles varies but may be only two or three.

What Sensation will I feel During Acupuncture Treatment?

On initial insertion you may feel a slight sharpness only, sometimes the patient feels very little on insertion as the needles are very fine.

During treatment the practitioner will often choose to stimulate the needles by gently rotating them in the tissue this helps to stimulate the point and increase the effectiveness of the treatment.

At this point you may feel an aching/tightness around the needle for a short time.

During the treatment you may feel:

- Warmth or "fullness" of the area or limb
- Pins and needles/ numbness
- Tension around the needle
- Sometimes you will have no sensation of the needle at all.



What is Acupuncture Useful for?

Acupuncture is effective in a wide range of conditions. Current evidence suggests that acupuncture may be effective in relieving symptoms in conditions such as:

- Musculo-skeletal pain
 - Chronic back and neck pain
 - Osteoarthritis of knee
 - Tennis elbow
- Fibromyalgia
- Women's Health
 - Menopausal symptoms
 - Period pain
 - Overactive bladder
- Stress and Anxiety
- Chronic sinusitis
- Insomnia

Acupuncture is a potent therapy and, whilst it is generally safer than most conventional treatments, if used without due care it can have adverse effects or interactions with other treatments. Acupuncture should only be used by trained practitioners who are equipped to assess the risks and benefits of applying it.

