

Earthsea Acupuncture Informed Consent Form

Consent

Acupuncture is generally very safe. Needles are sterile and disposed of after each use. They are very thin and inserted shallowly. Acupuncturists are trained to avoid injury and pain. Some side effects or risks may include slight bleeding or bruising, mild discomfort during needle insertion, or, in very rare cases, dizziness or nausea. Should you experience any of these symptoms, please let your acupuncturist know right away. Always inform your acupuncturist if there is any chance you might be pregnant, if you have a bleeding disorder such as hemophilia, if you use a pacemaker, if you are currently taking blood-thinning medication, or if you feel weak or hungry before starting treatment.

Complications are extremely rare, and acupuncturists are trained to take proper precautions to avoid injury. Some risks may include:

- ❖ Joint infections – can occur if bacteria on the skin is introduced into the joint by a needle. IV antibiotics are necessary to treat. The use of alcohol swabs reduces this risk.
- ❖ Nerve damage – some acupuncture points are over nerves, but the needles are not inserted deeply enough to damage a nerve. Occasionally a patient may experience slight numbness, which is normal and temporary.
- ❖ Pneumothorax (collapse of the lung) – may occur if the needle is inserted too deeply into the lung area. A chest tube is required to drain the cavity of air. The practitioner angles the needle away from the lung and does not penetrate deeply over any internal organ.
- ❖ Needle breakage – requires surgical removal. Patients are asked to sit or lie still to avoid bent or broken needles and needles are inserted very shallowly around joints and tendons.

Acupuncture is not intended to replace a medical doctor or current treatment programs. It can, however, be used as a stand-alone therapy, or to compliment other forms of care.

I, _____, am aware of the risks and benefits of acupuncture. I understand this treatment is not a substitution for my primary care by a medical physician. I understand I can stop treatment at any time. I hereby give my informed consent to receive acupuncture treatment from Adrienne Mak, R.Ac.

Signature _____ Date _____