

# Good Life Acupuncture & Holistic Therapies

102 W. Center Street – The Carriage House #5 – West Bridgewater, MA 02379

## CONSENT TO TREATMENT

I, \_\_\_\_\_, hereby authorize Janet Cabrera, licensed acupuncturist, to administer acupuncture and Asian Medicine relevant to my diagnosis and treatment, including but not limited to the following:

1. Insertion of various styles and sizes of acupuncture needles into my body at various depths and locations. I understand that it is possible that there may be bleeding or bruising caused by the insertion of an acupuncture needle.
2. Heat may be applied during treatment. Forms of heat used are direct or indirect moxibustion or “moxa” (combustion of the herb *Arthemisa vulgaris*) or an infrared light/heat lamp with or without a moxa tincture. For indirect moxibustion treatments, the moxa is placed on the head of the needle or on top of a barrier (such as a slice of ginger or salt) which rests on the skin. When direct moxa is used, the moxa is placed directly on the skin. The heat generated from moxa treatments may involve slight discomfort or leave a small blister or scar on the skin. With any type of heat, there is a risk of burn.
3. The use of “cups” may be used to promote the circulation of Qi (energy) through the meridians. “Cupping” may produce a red/purple color on the area cupped which typically remains for several or more days.
4. A massage technique called “gwa sha” may produce redness on the skin which can remain for several or more days. A slight bruising and tenderness may persist following the treatment. Other massage techniques such as tuina may also be utilized and do not typically leave bruising.
5. Electro acupuncture is the electrical stimulation of the needles and may be used to produce a vibration/tapping sensation on the needles. Ion pumping cords, cords without any sort of electrical stimulation, may be attached to the needles.
6. Lancets may be inserted into the skin and a small amount of blood expressed from the puncture. This ancient practice can be used alone or in conjunction with cupping. Its application may be used to improve the circulation in specific meridians.
7. Viccaria seeds or pressballs may be taped onto the skin, or intra-dermals (small needles shallowly inserted then taped into place) may be used anywhere on the body or on the external ear on specific acupuncture points to extend the therapeutic effects of treatment.
8. The application of various herbal plasters or herbal tinctures, applied externally.
9. Any suggestion of a supplement, homeopathic or herbal remedy reflects the opinion of my practitioner. I understand that I should check with an herbalist and my doctor before taking any supplements.
10. For female patients: I will inform my practitioner when or if I become pregnant, as this information may alter the course of treatment.

I have been informed that I have a right to refuse any form of treatment. I understand the nature of the treatment, have been informed of the risks and possible consequences involved with this treatment, and have been given an opportunity to ask questions pertaining to my treatment. I also understand there is always a possibility of an unexpected complication and I understand that no guarantee can be made concerning the results of treatment. I acknowledge and accept the possible risks associated with acupuncture and supplemental Asian medical therapies.

Signature of Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Patient: \_\_\_\_\_

Practitioner Signature: \_\_\_\_\_ Date: \_\_\_\_\_