

## Acupuncture Information Leaflet

### What is acupuncture?

Acupuncture is a form of therapy in which fine sterile (and disposable) needles are inserted into specific points on the body. Dr. Nygren may also use other techniques like dry needling, electrico-acupuncture, cupping, or gua sha. Cupping is a form of acupuncture in which local suction is created on the skin to mobilize the blood flow in order to promote healing. Gua Sha is a form of rubbing the skin with a tool to increase blood flow in order to promote healing. Electro acupuncture is a mild electric micro current (similar to TENSE treatment) used to stimulate acupuncture needles.

### Is acupuncture safe?

Acupuncture is generally 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, and , if affected, you are advised not to drive;
- minor bleeding or bruising occurs after acupuncture in about 3% of treatments;
- pain during treatment occurs in about 1% of treatments;
- existing symptoms can get worse 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.

Extremely rare risks (these have extremely low incidence, especially when acupuncture is administered correctly)

- nerve damage
- organ puncture
- miscarriage
- infection (the risk of infection is negligible when all needles are sterile)
- gua sha & cupping typically cause a discoloration of the skin (like a type of bruising) and will resolve in a few days to a week. Very rarely a blister may appear due to the cupping suction

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 fainted or felt faint;
- if you have a pacemaker or any other electrical implants;
- if you have 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.

### During the treatment:

While receiving needle acupuncture treatments, please communicate with Dr. Nygren what you experience during the needling process. This will enable her to adjust needles and the points selected to maximize your comfort during the treatment. Once she leaves the room, please move as little as possible. Please do not attempt to take selfies. If you need to end the treatment early please do not get up, instead just call for Dr. Nygren or Jenn and we will assist you ASAP.

### What to expect?

Everyone responds to treatment differently therefore, we cannot guarantee the outcome of treatment.

- Some individuals experience total or partial relief of their pain or symptoms after the first few treatments.
- Others notice steady, gradual improvement.
- In some cases, no relief is felt at all until several days go by.
- Occasionally, some people notice that their pain actually seems to be worse before it gets better.
- Let us know how you responded to the previous treatment at the time of your follow-up visits, so that your treatment plan can be adjusted accordingly.