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Patient Information Leaflet

Please read this information carefully and ask me if there is anything that you do not understand.

What is Acupuncture?

Acupuncture is a form of therapy in which fine needles are inserted into specific points on the body. Sometimes I may also use a smouldering herb called 'moxa' to warm these points.

Is Acupuncture safe?

Acupuncture is generally very 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 me about this, but it is usually a good sign.

Fainting can occur in certain patients, particularly at the first treatment.

In addition, if there are particular risks that apply in your case, I 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 me know:

if you have ever experienced a fit, faint or funny turn

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 (including the Pill)

if you have a damaged heart valves or have any other particular risk of infection

if you have any possibility of being pregnant

Single-use, sterile, disposable needles are used in this clinic.