

## Client Information Leaflet

Acupuncture & dry needling is a practice that involves inserting thin needles into specific points on the body. It is commonly used for pain relief and the treatment of various health conditions and for general well-being. Before deciding to have acupuncture, it is important to understand the risks and benefits associated with acupuncture and dry needling:

### Benefits of Acupuncture:

1. *Pain management:* One of the most well-known benefits of acupuncture and dry needling is its ability to provide pain relief. It can be effective in treating conditions such as back pain, migraines, osteoarthritis, and menstrual cramps.
2. *Reduction of inflammation:* Acupuncture and dry needling have been shown to have anti-inflammatory effects, which can help alleviate symptoms associated with inflammatory conditions like rheumatoid arthritis.
3. *Stress reduction:* Acupuncture is known to promote relaxation and reduce stress. It can help regulate the body's stress response by stimulating the release of endorphins, which are natural painkillers and mood enhancers.
4. *Improved mental health:* Acupuncture has been found to be beneficial for conditions such as anxiety, depression, and insomnia. It can help regulate neurotransmitters in the brain and promote a sense of well-being.

### Possible Risks and Side Effects of Acupuncture and Dry Needling:

*Soreness and Bruising:* Mild soreness and bruising at the site where needles were inserted, usually temporary and resolve on their own

*Drowsiness:* This will usually pass quickly and can lead to deeper sleep on the evening after treatment

*Bleeding and Haematoma:* In some cases acupuncture may cause bleeding or the formation of a haematoma (a localised collection of blood) at the insertion site. This is more likely to occur in individuals with a bleeding disorder or those taking blood thinning medications. Any bleeding is easily managed by application of cotton wool and pressure to stop the bleeding.

*Interaction with medications:* Acupuncture may interact with other medications such as blood thinners so it is important to tell your practitioner about medications.

*Infection:* I only use **single use sterile needles** and **hand sanitisation** to ensure there is little risk of any infection.

*Dizziness and fainting:* Some people may experience this during or after treatment. Please inform your practitioner if you have a history of these symptoms.

*Nausea and Vomiting:* Some people may experience this side effect during treatment so inform your practitioner immediately if you feel unwell.

*Seizure:* Although extremely rare needling may invoke a vasovagal response which can cause heart rate or blood pressure to reduce. This appears to be associated with fear / anxiety, and usually the person has a history of fainting when being needled during vaccinations etc.

*Organ puncture:* Extremely rare but there have been cases of organ puncture or injury during needling treatments. I have completed in-depth, accredited training which includes the safe insertion of needles.

**Acupuncture Consent to Treatment – (Before initial treatment I will draw attention to the above points and complete a short health screening)**

I, the client, confirm that I have completed the Health Screening form with my acupuncture practitioner, highlighting any conditions that might impact on acupuncture treatment.

I have read the information about the benefits and risks of acupuncture and have had chance to discuss any concerns with my acupuncture practitioner. I give my consent to receive acupuncture treatment.

**Client Name .....**

**Client Signature .....**

**Date.....**

I, the practitioner, confirm that I have fully explained the risks and benefits and have screened the client, who I have witnessed sign this form.

**Practitioner Name .....**

**Practitioner Signature .....**

**Date.....**