

Informed Consent to Treat

Acupuncture and east Asian medicine usually have no side effects other than the patient experiencing relief from their symptoms, but there can be adverse reactions or events. Listed below are the most common procedures performed during an acupuncture treatment and their potential risks. By signing this form, you agree that you have the right to have your questions answered regarding treatment and you understand the potential risks of these treatments. By signing this you also give consent for Andrea Lane, L.Ac. to treat you as an acupuncturist and not as a primary care provider.

Acupuncture: Acupuncture involves the insertion of filiform, sterile, stainless steel single-use needles. Possible side effects and risks include pain or bruising at the site of the needle, initial worsening of symptoms, fatigue, needle shock, and pneumothorax. All licensed acupuncturists are trained to avoid these side effects.

Moxibustion (Moxa): A heat therapy that involves burning the herb mugwort on over the skin. Sometimes the practitioner is seeking a reaction on the skin that resembles a controlled sunburn, but should fade within an hour. Risks include potential burns or allergies to the smoke.

Gua Sha and Cupping: These are vigorous massage methods that intentionally cause bruising. Areas that have been treated should be covered for 24 hours, and bruises should heal within a week or less. Please notify your practitioner if you are expecting to be in a situation where your skin will be uncovered and you would prefer not to have visible bruising.

Electro-Acupuncture: A mild electrical current is applied to the needles in order to continuously stimulate the acupuncture needle. Some patients may feel a mild tingling sensation. The risks include a mild electrical shock or irritation to the needle site.

Tuina: A form of Chinese massage that addresses musculoskeletal issues and pediatric issues. Possible side effects are soreness the day after treatment.

Shiatsu: A form of Japanese meridian massage in which hand pressure is applied in order to produce harmony and relieve pain. It involves hara diagnosis which involves palpation of the abdomen.

Sotai: A form of Japanese body work that involves passive, resisted, and active range of motion in order to give a feeling of whole-body wellness. Possible side effects include soreness or muscle spasm from overexertion.

Herbal medicine, supplements, and dietary suggestions: Chinese herbal medicine and supplementation is a prescription service. As with any prescription, it should not be shared. It is important that you take your herbs and supplements as prescribed. Possible side effects from Chinese herbs are digestive upset and skin reactions.

I will notify my practitioner if I become pregnant or if I am trying to become pregnant, so that they can avoid specific acupuncture points or herbs that may cause a miscarriage or adversely affect the fetus.

Otherwise, Chinese medicine can be beneficial during pregnancy and the birthing process.

Signature

Print Name

Date