



Your Wellness Connection, P.A.

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Acupuncture Informed Consent

- Introduction** Please take a few minutes to carefully read the following and sign where indicated. If you have any questions about the information listed below, please ask the acupuncturist prior to signing this consent.
- Guidelines** Please use the restroom prior to treatment. Avoid treatment when excessively fatigued, hungry, full, emotionally upset, if you have had alcohol, or shortly after sex. Focus on relaxing throughout the treatment. The more relaxed you are, the better your results will be. Some clients find it helpful to use deep breathing techniques. Do not change your position or move suddenly. If you are uncomfortable during your treatment, please call for your acupuncturist.
- Risks** As with any medical procedure, there are risks involved. Your acupuncturist will take every precaution during the treatment to minimize any risks. Listed below is the information that is most important for you to understand prior to beginning your acupuncture treatment.
- Needles** Your acupuncturist uses sterilized, individually packaged, disposable needles that are used once and then discarded. This eliminates the possibility of transmitting a communicable disease by a contaminated needle. The needles are typically inserted anywhere from ¼ to 1 inch in depth, depending upon the client's size, age and constitution.
- Bruising** You may note a spot of blood at one or more of the needle sites or a small bruise could develop. These are rarely harmful, but please talk to your acupuncturist if you are concerned.
- Cupping** If cupping is used as a treatment, your acupuncturist will use different sized glass jars that are heated with a flame to attach to your back. Depending on one's physical condition, cupping can cause bruising, red marks and in some rare cases, blistering. All of these conditions will disappear without special treatment.
- Herbals** Herbal medicine may be prescribed as a compliment to your acupuncture treatments and should be taken according to directions provided by the acupuncturist.
- Symptoms** Occasionally, a few people experience dizziness, nausea, cold sweats, and shortness of breath or lightheadedness during treatment. This often occurs if you are nervous. You should inform your practitioner immediately if you experience any discomfort, increased pain, or burning sensations.
- Pain** If you find your treatment unbearable at any point, be sure to speak up so that your acupuncturist can make the proper adjustments or stop the treatment.
- Treatment** Your acupuncturist will explain the nature of your problem and what treatment he or she is recommending. If you consent to go ahead with the recommended treatment, your acupuncturist will tell you what progress to expect, what to do if you do not experience that progress and what to do in the rare event that you feel worse.
- Referrals** If you have been referred for acupuncture by one of our Doctors, your case will continue to be managed by your Doctor. Your Doctor, through consultations with your acupuncturist, will monitor your treatment plan.
- Disclosure** I have read the above information and fully understand the risks involved in such treatment. I have been given the opportunity to ask any questions. All of my concerns have been addressed to my satisfaction. I agree to fully disclose any symptoms and health problems of which I am aware throughout the treatment process and will update the acupuncturist immediately should my health status change in any manner.

Client Signature

Date