

# BIRKDALE ACUPUNCTURE

C U P P I N G \* A C U P U N C T U R E \* T U I N A

Clinics: Liverpool & Southport Clinics

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## INFORMED CONSENT:

Acupuncture is a form of therapy in which fine needles are inserted into specific areas of the body. Acupuncture is generally very safe with serious side effects very rare.

## Pre-Acupuncture Treatment Advice

You need to be aware that –

- Drowsiness may occur 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 patients
- Existing symptoms can sometimes get worse temporarily after treatment but will usually clear within 24 to 48hrs. Tell your Acupuncturist about this, its normally a sign things are changing and improving and moving overall
- Fainting or light headedness can occasionally occur in certain patients, particularly on the first visit

## Post-Acupuncture Treatment Advice

Lie down with feet elevated and drink some water if light headed this will pass. Apply Arnica or ice for any minor bruising.

After treatment we advise that you just go home and rest and take it easy. Have a light meal, hydrate oneself. Refrain from sex, hot baths and exercise.

**Note:** In addition, if there are any particular risks that apply in your case, then let your Practitioner know and discuss it with them first.

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Birkdale Acupuncture

(Member of the British Register of Complementary Practitioners – Oriental Medicine Division)

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