NJCA's Informed Consent

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

Acupuncture is performed by the insertion of pre-sterilized, disposable acupuncture needles through the skin.

Sometimes, acupuncturists also include the application of heat or electrical stimulation to certain points on the body. Other things acupuncturists can do include tuï-na (massage) acupressure, moxibustion, cupping, derma-friction (Gua-sha), seven-star needling, therapeutic exercises, and dietary recommendations based on the fundamentals of Chinese Medicine. Your practitioner will explain the nature of each type of treatment as needed.

Acupuncture is generally very safe. Although rare, certain side effects may result from acupuncture and each procedure or treatment has specific risks and benefits. These potential risks may include, but are not limited to:

- Discomfort or minor pain at the site of needle insertion during treatment.
- Localized, minor bleeding, bruising or swelling.
- Minor burns with the use of moxibustion
- Possible temporary aggravation of symptoms that existed prior to treatment, then rapid recovery, known as “healing crisis”
- Infection and the risks of needling in the vicinity of an infection. To reduce the possibility of infection from acupuncture, all needles are pre-sterilized, single-use, disposable and made of surgical stainless steel. After each treatment, needles are disposed of as medical waste and never reused.
- Temporary dizziness, fainting and nausea
- Broken needles (rare with the use of disposable needles)
- Cupping therapy and derma-friction (Gua-sha) may produce petechiae (reddish purple marks) as part of the healing process. These will disappear in a few days.
- Seven-star needling will leave red marks on the skin, which will disappear after a few days.

Some acupuncture points are contraindicated for certain conditions. Please inform your practitioner if you have any of the following conditions:

- If you are pregnant or breastfeeding
- If you have ever experienced seizures, fainting or panic attacks
- If you have a pacemaker or any other electrical implants
- If you have hepatitis, HIV/AIDS, or another infectious disease

Your practitioner is unable to anticipate or explain all risks and complications that may occur during or after treatment. However, she will exercise judgment based on your best interests.

By voluntarily signing below, I show that I have read this consent to treatment, have been told the risks and benefits of acupuncture and other procedures, and have had an opportunity to ask questions. I intend this consent form to cover the entire course of treatment for my present and future conditions for which I seek treatment.

__________________________________  ________________________
Patient Signature                      Date

__________________________________  ________________________
Print Patient Name                    Dana Holmes, LAc.