

Informed Consent

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

Generally, NJCA only uses needling, but on rare occasion, acupuncture may be combined with 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, especially when anxiety around needling is present
- Broken needles (rare with the use of disposable needles)
- Cupping therapy and Gua-sha and 7 star needling will produce marks as part of the healing process. These will disappear in a few days.

Some herbs and 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 HIV/AIDS, hepatitis or a sexually transmitted disease

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.

Patient Signature

Print Patient Name

Date

Please give 24 hours notice if you need to cancel an appointment. Failure to do so will result in a \$10 fee.

Initial here to indicate that you've been informed of the 24 hour cancellation policy. _____