**The Denwood Clinic – Acupuncture Department**

Patient Information and Contact Sheet

**What is Acupuncture?**

Acupuncture is a form of therapy whereby fine needles are inserted into specific points on the body. Your practitioner also uses the following;

* A smouldering herb called *‘Moxa’* to warm the Acupuncture points
* *‘Guasha’* and *‘Cupping’*
* Coconut oil for remedial massage therapy
* Infa red heat therapy lamp

**Is Acupuncture safe?**

Acupuncture is generally very safe. Serious side effects are very rare – less than 1 per 10,000 treatments.

**Does Acupuncture have side effects?**

Patients most often report feeling relaxed after treatment and experience much improved sleep, however, you need to be aware that;

* Drowsiness can occur after treatment in a small number of patients, and if affected you are advised not to drive.
* Minor bruising or bleeding occurs post treatment in approximately 3% of treatments.
* Existing symptoms can get worse after treatment, (less than 3% of patients). You should tell your Acupuncturist about this, but it is usually a good sign.
* Pain during treatment occurs in about 1% of treatments.
* Fainting can occur in certain patients, particularly at the first treatment.

In addition, if there are particular risks that apply in your case, your practitioner will discuss them with you.

**Is there anything your practitioner needs to know?**

* If you have ever experienced a fit, fainting episode or a ‘funny’ turn
* If you have a PACEMAKER or any other electrical implants
* If you have a bleeding disorder
* If you are taking anti-coagulants or any other medication
* If you have damaged heart valves or have any particular risk of infection

If you experience any unusual symptoms after treatment, or are concerned about any aspect of the treatment that you have received, please contact your practitioner, ***Anna Marsden*** on **07999 018077.**

**22B Cooke Street, Bentley, Doncaster, DN5 0DA. Tel: 01302 874928 email: denwood.clinic@gmail.com**