

RISK DISCLOSURE STATEMENT

Risk Factors Associated with Acupuncture Oriental Medicine Techniques

As in any medical procedure, there are risks involved with acupuncture and Oriental Medicine. The following are some of the known risks and side effects of various techniques of acupuncture and Oriental Medicine.

Acupuncture

- Sensation of warmth, tightness, soreness or tingling when the needle reaches the acupuncture point- a common reaction
- Bruising and bleeding: needles can cause bruising or minor bleeding due to piercing of small blood vessels
- Fainting or Fatigue: temporary lowered blood pressure can cause fatigue, or even fainting immediately after treatment
- Rashes: some people are allergic to metals in contact with their skin, even stainless steel needles. Please inform your physician of any known skin allergies before treatment
- Perforation of vital organs: improperly inserted needles can perforate lungs or other organs- very rare

Electrical Stimulation

- Tingling: electric stimulation to acupuncture points can cause temporary tingling, or "pins and needles" feeling

Herbs

- Allergic reactions: herbs can cause food allergy reactions, including rash, hives, nausea, indigestion. Please inform your physician of any known food allergies
- Drug interactions: some herbs have mild effects that can interact with drugs, to exaggerate or reduce their effects. Please inform your physician of any medications you are taking

Moxibustion

- Blisters and Burns: moxibustion is burning of mugwort, and can cause minor burns if held too long close to the skin

Cupping

- Drawing blood close to the surface of the skin can cause bruising that lasts for a few days

Oriental Massage (Tuina)/Acupressure

- Tuina and other manual therapies often make muscles and tendons sore from direct pressure and stretching
- Bruising: acupressure can cause bruises who are prone to bruising

I have read and understand the risks associated with acupuncture and other Oriental Medicine techniques

Signature of Patient or Guardian

Date