



Consent for Treatment

Acupuncture is a relatively low-risk therapy. Often there is a sensation after the needles have been inserted; it is individualized and is often described as warm, heavy, cool, tingling, or flowing.

The most common side effects of acupuncture are bruising and superficial hematomas. Other acupuncture responses can include headaches, nausea, and needle shock. Needle shock is a rare and temporary response to an acupuncture treatment, and includes symptoms such as sweating, lightheadedness, shortness of breath, and nausea. The symptoms typically pass when the needles are removed. The most serious risk associated with acupuncture is a pneumothorax, the puncturing of a lung. Special precautions are taken when needling points near the lungs in order to avoid causing a pneumothorax.

Cupping and gua sha often create red or purple areas on the skin called petechiae. These petechiae are caused by the suction of the cups or the rubbing of gua sha. Petechiae are therapeutic and usually painless. Sometimes the area is sore, similar to the feeling following a deep massage. Moxa, a heat therapy, may result in temporary redness and rarely burns.

Sometimes people report a worsening of their symptoms following an acupuncture treatment. Typically, this is temporary, lasting for a day or two; then the person feels better than prior to the treatment. This is called a healing release, and we are happy provide you with more information about this. If you experience a worsening of symptoms, please call or email us; we want to hear from you.

Often there are many ways to approach any problem. During your first appointment, we will work out the treatment plan that best fits your needs.

- Your appointment time is reserved for you, so please give at least a 24-hour notice of cancellation. In the event that you miss an appointment without providing this advance notice, a \$50 fee will be applied to your account. If you are late to your appointment, that appointment will be shortened in order to finish at the scheduled time.
- Payment is due at the time of service. New patient appointments are \$160, and subsequent treatments are \$100. Payment is accepted as cash, check, or credit/debit card. There is a \$40 fee for bounced checks.

I have read and understood the risks associated with receiving acupuncture treatments and associated procedures. I understand by law, no healthcare provider can guarantee an outcome. My signature symbolizes my consent to receive acupuncture from the acupuncturists at White Pine Acupuncture, Inc.

Print _____

Signature _____

Date _____