

GOTHAM

ACUPUNCTURE RETREATS YOGA

WELLNESS

CONSENT TO TREATMENT

I, _____, agree to receive from Gotham Wellness Acupuncture PLLC and employees any style of Oriental Medicine relevant to my diagnosis and treatment, which may include, but is not limited to, acupuncture, press balls, press tacks, intradermals, moxibustion, heat therapy, cupping, gua sha, magnets, blood-letting or electrical stimulation. I am aware that, though all precautions will be taken to ensure that my treatments are comfortable, occasionally a procedure may cause discomfort. It is my responsibility to alert my practitioner if this does occur so that she can take action to remedy this.

Acupuncture: insertion of fine, solid, sterile needles into the body. There may be a sensation of heaviness, numbness, warmth, tingling or electricity. This should not be equated with pain, but is considered to be normal. There also may be some residual sensation following the removal of needles. Although care is taken during needle insertion, occasionally bruising or sensitivity at the insertion point may occur. This will resolve within a few days. Acupuncture may induce feelings of deep relaxation, or rarely, lightheadedness. If this occurs, inform the staff and you can relax in the waiting room. Be sure to eat regular meals and do not have a treatment on an empty stomach.

Press Balls: Following treatment, small metal balls composed of steel may be taped to specific points. If there is any discomfort or irritation, simply remove and discard it. Typically, press balls are left in place for 1-3 days in the summer and 5-7 days in the winter. Please remove after that length of time or earlier.

Moxibustion and Heat Lamps: The burning of the herb *Artemesia vulgaris* may be done above the skin, on the needle, or directly on the skin, or on top of a barrier such as salt or ginger. With any type of heat application, including moxibustion or a heat lamp, there is always the risk of a burn, blister, or scar.

Electro-acupuncture: Use of a small battery-powered stimulator, attached to the end of the needles. A slight vibratory sensation may be felt with the use of this technique. Conditions may be temporarily exacerbated during the healing process.

Blood-letting: A sterile lancet is rapidly inserted to discharge a few drops of blood. Bruising may occur that lasts a few days.

Gua Sha & cupping: A Chinese massage technique that uses a gua sha spoon or suction cup with ointment. It may leave redness, bruising and or tenderness on the skin for 1-7 days. It is important to stay warm and avoid chill for 48 hours post treatment.

Certain types of treatment are contraindicated during pregnancy. If I become pregnant or suspect that I am pregnant, I will notify the staff at Gotham Wellness Acupuncture PLLC before treatment.

I have been informed that I have the right to refuse any form of treatment. I understand the nature of the treatment and have been informed of the risks and possible consequences involved with this treatment, and I have been given the opportunity to ask questions pertaining to the treatment. I also understand there is always a possibility of an unexpected complication and I understand that no guarantee can be made concerning the results of treatment.

Patient Signature: _____ Date: _____

Patient Name (printed): _____