**What does treatment involve?**

Treatment involves using the techniques of acupuncture, moxibustion, cupping and

massage to regulate and nourish Qi.

This may involve:

Acupuncture; the insertion of fine needles into specific areas of the body -

* acu-points.
* Moxibustion; the use of gently burning herbs to warm acu-points
* Cupping; the use of suction cups on the body to promote movement of blood
* and Qi.
* Massage; (Tui Na or literally; pulling and pushing); designed to help move and
* tonify the channels and Qi.

**Is it safe?**

These treatments work with the body to bring it back into balance. As such they are

extremely safe. The reported incidence of serious side effects with acupuncture is

less than 1 in 10,000 treatments.

**Does treatment have side effects?**

You should be aware that:

* drowsiness can occur after treatment in a small number of patients, and, if affected, you are advised not to drive until this passes;
* minor bleeding or bruising can occur especially with cupping. This is normal
* existing symptoms can get worse after (especially the first) treatment. This is part of relieving the root cause.

***Do not be alarmed if this happens, it does not mean treatment has not worked, but is just a sign of things changing. Feel free to contact The Acupuncture Barn if any concerns.***

**What Should I wear?**

Please wear loose fitting clothes that will allow easy access for treatment.

**Patient Details:**

Please complete the following, or provide the following details at your appointment:

|  |  |
| --- | --- |
| Name: | Phone (m): |
| email: | Date of Birth: |
|  |  |
| Phone (m): |  |
| Medical History: | |
| Operations: | |
| Medications /Allergies: | |
| Things you want to get better: |  |