

# ACUPUNCTURE INFORMATION AND INFORMED CONSENT

60 Madison Ave · Suite 1012 · New York, NY 10010

212.696.9355 · [hello@msgchiro.com](mailto:hello@msgchiro.com)

[www.madisonsquarewellness.com](http://www.madisonsquarewellness.com)

Acupuncture is performed by the insertion of sterile, disposable acupuncture needles through the skin, and/or the application of heat or electrical stimulation to the skin at the certain points on the body. Your treatment may include acupuncture, moxibustion, cupping, electric or magnetic stimulation, acupressure, gua-sha, infra-red heat lamp, therapeutic exercises and dietary counseling based on the principles of Chinese Medicine.

Your practitioner will explain the nature of each type of treatment, as needed. The purpose of the treatment is to resolve your complaint, i.e., the reason you are seeking treatment. Acupuncture is a treatment modality that is based on an Asian medical system that has been used effectively to treat disease for hundreds of years. The World Health Organization (WHO) lists 43 conditions, which may effectively be treated by Asian medical methods. These include muscular-skeletal injuries, digestive disorders, respiratory diseases, women's health issues, etc. Acupuncture is generally very safe. Although rare, certain side effects may result from acupuncture, and each procedure or treatment has specific risks and benefits.

These potential risks may include, but are not limited to:

- Discomfort or minor pain at the site of needle insertion during treatment
- Localized, minor bleeding, bruising, or swelling
- Minor burns with the use of moxa
- Possible, temporary aggravation of symptoms that existed prior to treatment, then rapid recovery (known as a healing crisis)
- Infection and the risks from needling in the vicinity of an infection
- "Needle sickness" (dizziness, fainting, nausea)
- Broken needles (rare with the use of disposable needles)
- Please notify the acupuncturist if you have any adverse effect from treatment.

Some herbs and acupuncture points are contraindicated for certain conditions. Please inform your practitioner if you have any of the following conditions:

- If you are pregnant
- If you have ever experienced fits, faints, or panic attacks
- If you have a pacemaker or any other electrical implants
- If you have HIV/AIDS, Hepatitis, or other infectious disease

To reduce the possibility of infection from acupuncture, all needles are pre-sterilized, single-use, disposable needles made of surgical stainless steel. After each treatment the needles are disposed of as medical waste, and are never reused. Additionally, the acupuncturist has been trained in Clean Needle Technique and Universal Precautions.

The acupuncturist is unable to anticipate or explain all risks and complications that may occur during or after treatment. Your practitioner will exercise judgment based upon his/her determination of your best interests.

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I have been advised to consult a physician regarding the condition for which I am undergoing acupuncture treatment. The benefits and risks of receiving acupuncture and Oriental medical treatment have been explained to me.

I understand that my signature in this form indicates that I have read and understand the preceding the information regarding my treatment. I understand that if I have any questions about this information I should ask my practitioner prior to treatment.

I hereby release the acupuncture practitioner from any and all liability that may occur in connection with the above mentioned procedures, except for the failure to perform the procedures with appropriate medical care.

Patient Signature: \_\_\_\_\_

\_\_\_\_\_ Date

(Guardian, if patient is a Minor)

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