



Arizona Natural Medicine Physicians, PLLC

Db a Arizona Natural Medicine®

We Listen. We Care. We Change Lives.™

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CONSENT FORM FOR ACUPUNCTURE & CHINESE MEDICINE THERAPIES

Guidelines for Participating In Acupuncture Treatment

- ◆ Eat before your acupuncture treatment 1-2 hours.
- ◆ Ask any questions or address any concerns before your treatment.
- ◆ Wear comfortable clothes that have easy access to your lower legs and arms.
- ◆ Turn off all phones and pagers during treatment to allow the relaxing and healing benefits of the treatment.
- ◆ Alert the doctor immediately if you are in discomfort during the treatment.
- ◆ Allow yourself to use imagery and positive thoughts to assist you in your movement toward balance.

Potential Side Effects Associated With Acupuncture Treatments

- ◆ Acupuncture is normally a very safe treatment with few if any side effects. However, there may be slight pain on the insertion of a needle, but it should resolve quickly.
- ◆ There may be slight bleeding when a needle is removed, but it is easily controlled with a little pressure using a clean cotton ball.
- ◆ There is a potential for bruising at the site where a needle was inserted. This is normal and should clear up in a day or two.
- ◆ There is a potential for infection at the site where a needle was inserted. However, only pre-sterilized, disposable needles are used and discarded in the appropriate biohazard waste containers after one time use, therefore, the risk of infection is significantly reduced.
- ◆ A very rare and more serious side effect is the puncture of a lung with a needle leading to what is called a pneumothorax. This is considered a non-fatal but serious medical emergency, which would require immediate assistance to the nearest emergency room. Knowledge of the needling technique and appropriate understanding of the anatomy of the body by the practitioner significantly reduces such risk to the patient.

Other Chinese Medicine Modalities That May Be Used

- ◆ **Heat Treatment with TDP Lamp:** This is used to warm the body and tonify or increase Qi/energy. It is used as an alternative to moxibustion. There is the rare possibility of getting burned if the lamp is too close to the area being warmed.
- ◆ **Cupping:** This involves a localized suction produced by using a heated glass cup. This helps to circulate blood in the local area and relieve tension and open the channels to circulate Qi. This technique is known to leave a bruised appearance that may not be painful but can be red or purple or leave marks of the outline of a cup.
- ◆ **Gua Sha:** This involves scraping of the skin in a small area with a straight edged instrument to relieve pain. This often results in bruising that resolves within 3-7 days.
- ◆ **Electroacupuncture:** A mild electro micro-current which is similar to a TENS unit is used to stimulate acupuncture points. A mild stinging or buzzing feeling is normal but not painful.

I hereby state I have read and understood the above information provided to me in this CONSENT FORM FOR ACUPUNCTURE & CHINESE MEDICINE THERAPIES. I hereby authorize Dr. Kiera Lane, N.M.D., L.Ac., Dipl.Ac., FABORM, Dr. Stephanie Graham, N.M.D., Dr. Gabriela Regino, N.M.D., M.S., Darin Zimmerman, L.Ac. or any other Licensed Naturopathic Doctor or Licensed Acupuncturist at Arizona Natural Medicine Physicians, PLLC, dba Arizona Natural Medicine® to perform acupuncture and Chinese medicine therapies treatment.

Patient Name (Printed) _____

Patient Signature _____ Date _____

(Signature of patient, or one parent or guardian if patient is under 18)