

Are There Any Risks Involved?

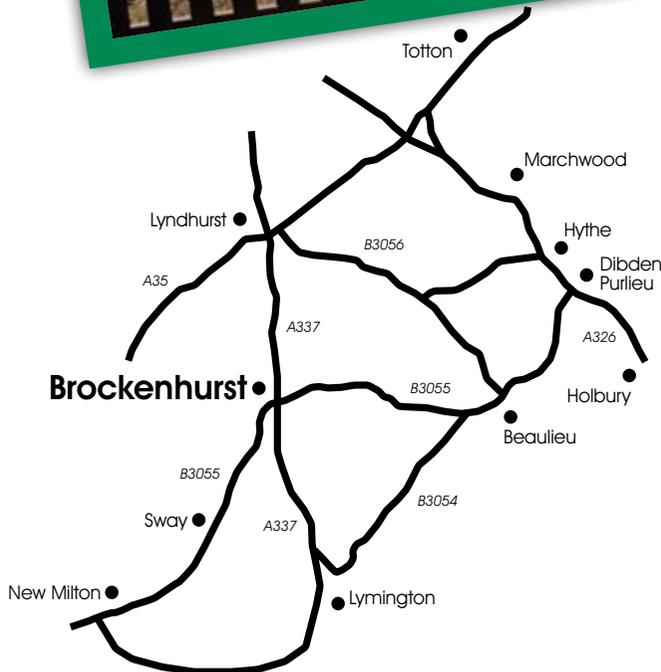
Acupuncture is considered to be a low risk therapy. Your acupuncturist at The New Surgery will clearly explain any risks that may apply to you.

Side Effects

Side effects are unwanted but mostly mild and temporary effects you may get after having treatment. Side effects of acupuncture are rare but may include:

- Tiredness
- Headaches

These should disappear within a day of your treatment.



How To Contact Us:

The New Surgery
Brookley Road Car Park
Brockenhurst
SO42 7RA

Tel/Fax: 01590 623311
Email: info@thenewsurgery.com

www.thenewsurgery.com



Acupuncture
at The New Surgery

Patient Information



Who Might Benefit From Acupuncture?

The beauty of acupuncture is that it suits the whole family, from children through to older people. Acupuncture has a range of techniques including acupressure, application of heat and electro acupuncture, which may suit the younger client.

What Qualifications Do Acupuncturists Have?

All acupuncturists working at The New Surgery are members of the British Acupuncture Council (BAcC). Members of the BAcC are rigorously trained to either degree or diploma level. Courses in the UK are three years. As well as Traditional Chinese Medicine theory, acupuncturists are trained in relevant western medicine theory.

What Does a Treatment Involve?

Your first appointment at The New Surgery will consist of an assessment and if you agree, a treatment.

A full medical history will be taken. This will include a lifestyle and health analysis.

As well as the presenting problem, your past medical history will be discussed. Pulses will be taken in both wrists and the acupuncturist will look at your tongue and complete an abdominal palpation. All of these elements help to make a diagnosis.

Often in Chinese Medicine seemingly unrelated conditions or symptoms can have links to each other. By coming to a diagnosis the acupuncturist treats each person individually and holistically, often incorporating massage, heat and electroacupuncture (TENs machine) into treatments.

A couch is provided for you to lie on. Some of your clothing may need to be removed. This will be done with your permission and negotiation.

The needles stay in for up to 20 minutes.

You are encouraged to ask questions throughout the process.

Self-help measures such as advice on lifestyle, diet or exercise may be offered to assist your recovery and prevent recurrence or worsening of symptoms.

What is Acupuncture?

Acupuncture is a system of healing from China that has been around for nearly 2000 years. It is based on the belief that an energy, or 'life force', flows through the body in channels called meridians. This life force is known as Qi (pronounced 'chee').

Practitioners who adhere to traditional beliefs about acupuncture believe that when Qi cannot flow freely through the body, this can cause illness. They believe that acupuncture can restore the flow of Qi, and so restore health.

Very fine sterile needles are inserted into the skin along the lines of the meridians and this stimulates the body's response. This response may for example reduce pain, heat inflammation, balance hormones, and boost the immune system.

What is the Evidence For It?

Acupuncture can address a range of conditions. There is evidence to suggest that low back pain, neck and knee pain, arthritis, and migraines can be treated successfully with acupuncture (Vickers et al 2012).

The National Institute for Health and Clinical Excellence (NICE) recommends acupuncture for the treatment of low back pain.

