

# FOCUSED ACUPUNCTURE FOR PAIN MANAGEMENT

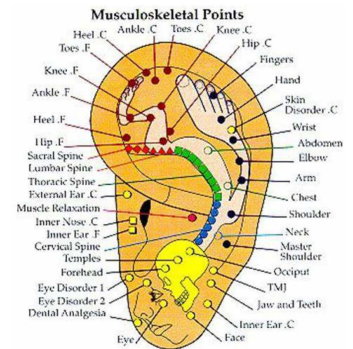
## Patient Information Sheet

### What is Acupuncture?

Acupuncture was developed thousands of years ago and has been used to treat many different health problems, including pain. Acupuncture uses sterile needles gently inserted into the skin and left for brief periods of time. Research has shown that acupuncture helps to reduce pain not only on the area where the needles are placed, but all over the body. Acupuncture helps the nervous system reduce pain signals and releases chemicals to reduce the feeling of pain. It has been proven a safe and effective way to treat pain over thousands of years.

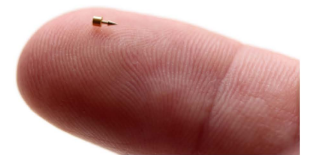
### What is Focused or Auricular Acupuncture?

In Focused or Auricular Acupuncture, the clinician places small sterile needles just in the ear. The entire body is linked to the ear, and by placing small needles in the surface of the ear, you can affect the whole body.



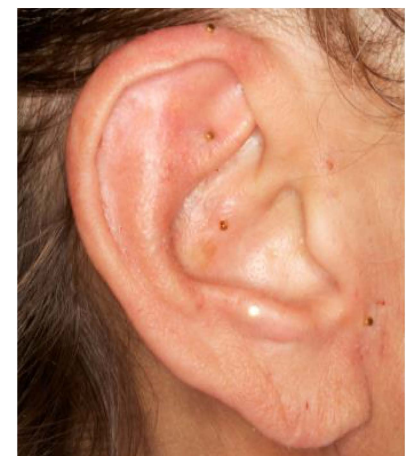
The procedure:

- The clinician will place sterile needles at Acupuncture points on the surface of your ears.
- You may have some mild discomfort where the needles are inserted.
- If the needles bother you, you can remove them.



### Possible Side Effects:

- Infection: redness, swelling, warmth, increased pain where the needles were inserted.
- Bleeding or bruising where the needles were inserted.
- Feeling dizzy or nauseated.
- Fainting.
- Feeling euphoric or lightheaded.



**After care:**

- Continue normal activities and avoid over exertion for the initial 6-12 hours after a treatment.
- No alcohol for 12 hours after treatment.
- You may bathe or shower with the needles in place, but be careful not to pull the needles when cleaning or drying the ear.
- If you remove the needles, or find them when they fall out, you can simply dispose of them in a container with a lid.
- You may take notes about how you feel, sleep and your pain level.

**For more information or to schedule an appointment:**

Facility Name & Department Name:

Phone Number:

Website:

<b>Use this space to record how you feel following your Acupuncture Treatment</b>			
	Day 1	Day 2	Day 3
On a scale of 1-10, what level is your pain?			
On a scale of 1-10, how much has pain interfered with your usual activity?			
On a scale of 1-10, how much has pain interfered with your sleep?			
On a scale of 1-10, how much has pain interfered with your mood?			
On a scale of 1-10, how much has pain interfered with your stress?			