



SINGAPORE THONG CHAI MEDICAL INSTITUTION **NOTES FOR THE PATIENT**

Background

Acupuncture is a medical technique unique to Traditional Chinese Medicine. Through the use of silver needles, it serves to activate blood circulation, regulate *qi* and blood, restore *yin* and *yang*, support healthy *qi* and eliminate pathogenic factors. It is a sound health care system which is not only therapeutic, but also prolongs life and protects wellbeing at the same time.

However, in the course of treatment, less than 5% of the cases may be found to experience unusual symptoms such as bleeding, pain, bruising (hematoma), fainting during acupuncture, scalds, stuck needle, bent needle, broken needle etc; in view of this, it is necessary for us to have a statement made and the principles explained to our patients and their family members.

Normal Reaction During Acupunctural Treatment

- Sensations of aches, numbness, swelling and heaviness, known as needling "acuesthesia"

Possible Reactions After Acupunctural Treatment

- May experience pain or aching, numb tenderness.
- May experience slight bruising or blood stasis.
- May experience slight bleeding when the needle is withdrawn.
- May experience slight palpitation or sweating.
- May experience bodily tics as if in an electric shock.
- For warm acupuncture-moxibustion, blisters may appear topically at the affected area.

Pain or swelling aches generally dissipate very quickly. Bruising or blood stasis usually subsided on its own after a few days or so. If the occasional bleeding occurs after the needle is removed, simply press the spot where the needle is inserted lightly with a dry sterilized cotton ball and the bleeding will stop in an instant.

Do not scrape the blisters which appear topically in the course of warm acupuncture-moxibustion; they are usually assimilated naturally and then disappear. Bigger blisters may be pierced with a sterilized needle to release the fluid; protect the scabs and maintain hygiene and cleanliness so as to prevent inflammation as a result of pyogenic infection.

If the patient is emotionally unstable, anxious and tense, having a slight flu or awaiting medical attention on an empty stomach prior to acupuncture treatment, he may experience a series of symptoms such as dizziness, palpitation and sweating etc. The patient only needs to lie flat and relax, and he will be safe and well with care and attentive concern from the physician.

If symptoms of prostration occurs after the needle is administered, such as generalized spasm and malaise, dizziness and sweating, pale complexion, nausea with the urge to vomit or other signs of discomfort, please notify the physician immediately and request that the acupuncture treatment be discontinued.



Risk Analysis

Acupuncture has two thousand-over years history. Apart from the slight pain which may be experienced at the prick of the needle, as well as the slight discomfort which may be experienced by individual patients, acupuncture is generally very safe.

What You Need To Do

Under normal circumstances, no accident would occur in the course of acupuncture treatment; even then, we will seek your understanding for the principles and the methods of treatment in the event an accident occurs. Therefore, we require you to sign an informed consent form.

*Please take a normal diet on the date of acupuncture treatment. Take note: Never undergo treatment on an empty stomach.

Physician's Responsibility

The physician will never administer needles on you unilaterally in treatment without your written consent. Of course, the physician will also not act negligently just because he has the signed document; on the contrary, the physician shall carry out his duties meticulously and conscientiously as the embodiment of noble conduct in the spirit of service to the patients.

Patient's Privacy and Confidentiality

If the patient willing to undergo acupuncture treatment is suffering from any following hidden condition, it must be disclosed to the physician:

- (1) Heart Disease
- (2) Diabetes
- (3) Hepatitis
- (4) Skin Disease
- (5) Cancer
- (6) Venereal Disease
- (7) AIDS (Acquired Immunodeficiency Syndrome)
- (8) Convulsion
- (9) Abnormal Bleeding
- (10) Thrombocytopenia (Low Platelet Count)
- (11) Tuberculosis
- (12) Kidney Disease
- (13) Influenza
- (14) Pregnancy
- (15) Others:

This measure is strictly confidential; the patient's name shall never appear in any medical literature which may be published. The medical case in question shall be used for the purposes of the academic research and reference only.

If you have any enquiries, please consult your physician.