

# SNOW BLOSSOM ACUPUNCTURE

Kristen Taylor, LAc, MAOM, LMT ~ Seth Wood, LAc, MAOM

## Informed Consent for Acupuncture & Oriental Medicine

I, \_\_\_\_\_, voluntarily and knowingly, give my consent and authorization to Snow Blossom Acupuncture (Kristen Taylor, LAc, LMT, and Seth Wood, LAc) to treat me with acupuncture and other Oriental medicine therapies. My acupuncturist has explained to me the characteristics, outcomes and possible side effects that my treatment may entail. I have and will be given the opportunity to ask questions about my therapies as my treatments continue. I understand that I must work with my acupuncturist to receive the best possible outcomes of my treatments. I will be open to discussing my current and past medical conditions and treatments with my acupuncturist to help him/her create a complete picture of my state of health. I have the right to discontinue or refuse treatments at any time. I understand that all information I disclose will be kept confidential, barring a judicial/legal requisition. My acupuncturist will inform me before she/he contacts any of my doctors to discuss my case.

Acupuncturists (LAc) and Massage Therapists (LMT) are not primary care providers in the state of Alaska. Snow Blossom Acupuncture recommends that patients have and maintain a regular primary care physician (PCP) during their course of treatments at our clinic. I understand that Snow Blossom Acupuncture may request medical records from my PCP or other Western physician.

Acupuncture may be provided and administered within the following settings: private room treatment, group/community setting, or house call. These settings are subject to change.

Virtually any condition or disease, whether internal or external, physical or mental/emotional, can be treated successfully with acupuncture and Oriental medicine. Acupuncture started in China at least 3,000 years ago, but is now practiced world-wide. There are many different styles of acupuncture: TCM (Traditional Chinese Medicine), Japanese Meridian Therapy, Korean Acupuncture, Five Element Acupuncture, and Classical Chinese Acupuncture are just a few. Some, or all, of these methods may be used in your treatment process. You may notice that your Oriental medical treatments with other practitioners differ from your treatments here at Snow Blossom Acupuncture and may even differ between Kristen Taylor, LAc, LMT and Seth Wood, LAc.

The following Oriental medical modalities may be used in your treatment exclusively or in combination with one another:

**Acupuncture** Is performed by inserting needles into the skin and flesh at various points on the surface of the body. All acupuncture needles at Snow Blossom Acupuncture are sterile, single-use needles. Most are made of stainless steel, but gold or silver needles may also be used. Some have a thin silicone coating. Needles may be packaged individually or in a 5 or 10-count package. The needles are inserted into a specific set of acupuncture points that your practitioner has selected for your personalized treatment. If at any time you feel discomfort or pain, please tell your practitioner so that she/he may adjust the treatment or needles. There may be occasional adverse effects such as: local bruising, minor bleeding, fainting, pain or discomfort, or the possible aggravation of symptoms existing prior to acupuncture treatment and, very rarely, a lung puncture (pneumothorax).

**Moxabustion (direct or indirect)** is a form of heat therapy. The mugwort plant is processed into different forms, and these products are smoldered on or over the body. This therapy does create small amounts of smoke, so if you are very sensitive to smoke please let your practitioner know. It may be used along with acupuncture or by itself in a treatment. There is a slight risk of burning or scarring.

Initial here: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Cupping** is an old Chinese technique of using glass or plastic cups that are suctioned to the body. The suction is created when a flame is placed into the upside-down cup and then quickly removed as the cup is placed onto the body. Cupping can be used for many symptoms that range from coughing to tight muscles. You may experience a deep red to purple skin discoloration that may turn into bruising and can last up to 1 week. Please inform anyone that might see these marks that they are the result of a medical treatment.

**Gua Sha** has similar effects as cupping but is administered by a scraping technique with a ceramic Chinese soup spoon or carved piece of jade or buffalo horn. You may get skin discoloration with this technique as well.

**Bleeding** is a procedure that releases heat and toxins from the body. Using a diabetic lancet, we prick a small area on the body to remove a few drops of blood.

**Electro-Acupuncture** may be used along with standard acupuncture. Cords from a battery powered e-stim machine are connected to acupuncture needles, and a small electric pulsation is administered to the needles. Certain adverse reactions include: slight electrical shock, pain or discomfort, and/or the possible aggravation of pre-existing conditions.

**Body Work** treatments at Snow Blossom Acupuncture may include the following types of massage ~ Zen Shiatsu, Tuina, So Tai, Acupressure, Swedish massage, or Myofascial release. Certain adverse reactions include: muscle soreness and the possible aggravation of pre-existing conditions.

**Aromatherapy** incorporates herbal essential oils to compliment and enhance your treatment. There may be adverse effects such as: sensitivity to smells, redness, skin irritation, or a stinging sensation.

**Chinese Herbs** may be administered internally as nutritional nourishment in bulk, granule, powdered, tincture, or tea-pill forms, and/or topically as liniments or salves. Herbs are recommended to help increase your treatment potential. Possible adverse effects include: changes in bowel movements, abdominal pain or discomfort, and the aggravation of pre-existing symptoms.

**Contraindications & Side Effects** in acupuncture and oriental medicine are rare and usually mild. *If you do experience any adverse side effects please let your practitioner know immediately.* There may be a chance you will feel an aggravation of symptoms directly after treatment but this usually dissipates within a couple of days. Please let your practitioner know if you currently have any of the following conditions: are pregnant or are trying to get pregnant, as there is a chance of spontaneous miscarriage; are prone to seizures; have a heart condition; have a pace maker or valve replacement; or have problems with blood clotting and are on a blood thinning medication.

**Financial Policy:** I understand that payment is due at the time of service and I will comply with this policy. Upon request, my acupuncturist will give me an insurance super-bill after each treatment.

**Insurance patients:** SBA bills insurance policies as a courtesy. Please understand that for one reason or another, insurance companies will not always reimburse the full cost of treatments. In these situations, the patient will be responsible for the balance of unpaid claims.

**Cancellation:** In the event of an emergency, I will give Snow Blossom Acupuncture as much notice as possible if I need to cancel my scheduled appointment.

**\*A same-day appointment cancellation or no-show will result in a 60% charge of your scheduled appointment fee.**

**Patient signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed name:** \_\_\_\_\_ **Date of birth:** \_\_\_\_\_

**Parent/ Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_