

Terms and Conditions

Please read carefully all the information below, before coming to the appointment. You will be given a paper copy of this document at the clinic and will be required to sign it as a proof of an agreement.

You give your consent to receive treatment from the practitioner at Solent Classical Acupuncture

You have the right, as the patient, to be informed about your condition as diagnosed by the practitioner. This includes their assessment of the likelihood of success and the number of treatments that may be required.

You consent to receiving the acupuncture and adjunctive techniques such as cupping, guasha, moxibustion and Tuina massage unless you inform the practitioner otherwise. In addition, you understand that you can withdraw your consent at any time.

1. Risks and side effects

By choosing to undergo therapies mentioned above (acupuncture and adjunctive techniques such as cupping, guasha, moxibustion and Tuina massage) you acknowledge and accept the potential risks and side effects as follows:

- Bruising and Bleeding:

Due to the nature of acupuncture involving needle insertion, patients may occasionally experience some mild discomfort, a small bruise or minor bleeding.

- Dizziness, Nausea, and Loss of Consciousness:

On rare occasions, patients may feel dizzy or nauseous during or after acupuncture treatment, with an extremely rare occurrence of losing consciousness.

- Uncommon Side Effects may include feeling tired after treatment, headache, local muscle pain, or strong pain during needling.
- Infection Risk:

Due to piercing of the skin during acupuncture, there is a potential risk of infection at the needle site. The estimated risk is 1 to 10 cases per 10,000 people treated. However, British Acupuncture Council (BAC) registered acupuncturists strictly adhere to the BAC's Code of Safe Practice and are trained to provide acupuncture hygienically to minimise infection risks.

- Risk of pneumothorax

Serious adverse events, such as pneumothorax (piercing the lung/perforation of the lung lining) and nerve injury, can occur, although they are very rare. The risk of such events is further reduced by seeking treatment from a well-trained acupuncturist.

- Cupping, Gua Sha and Moxibustion Side Effects

Both cupping and gua sha treatments may result in dark or purple patches on the skin, which is generally an expected part of the treatment.

It is noted that dark rings from cupping, similar to those seen on elite athletes such as swimmers, typically disappear after a few days.

Cupping and moxibustion both carry a risk of accidental burns.

2. Risk Minimisation and Medical History Disclosure:

Risks can be minimised by communicating with the acupuncturist

You are encouraged to inform the acupuncturist if you feel hot, the room is stuffy, you are hungry/thirsty, or if you are especially nervous.

You understand the importance of disclosing your complete medical history, any illnesses, and a list of current medications to the practitioner—especially anti-coagulants.

You must disclose if you have been diagnosed with any of the following health conditions or if you answer yes to any of the following questions:

- heart condition/angina
- blood pressure problems
- epilepsy or seizures
- haemophilia/blood clotting disorders
- blood borne viruses; for example, Hepatitis B/C or HIV
- skin complaints; for example, psoriasis or eczema.
- diabetes
- allergic response, e.g. anaesthetics, jewellery, nut/ food allergies
- If you regularly take any blood-thinning medicines for example, aspirin or warfarin
- If you take any regularly prescribed medication
- If you have previously experienced any adverse effects from treatments

You understand and accept that acupuncture practitioners do not diagnose western conditions, prescribe or perform medical treatment, or interfere with the treatment of a medical doctor.

You understand and accept that acupuncture is not a substitute for medical care. It is recommended that you see a medical doctor or general practitioner for any physical or psychological ailment that you may have.

You warrant that you will/have to the best of your ability give/given an accurate and truthful record of your medical history and will not withhold/have not knowingly withheld any information that may later be deemed relevant to treatment. You recognise that failure to do so may increase the likelihood of adverse reactions.

You acknowledge the necessity of keeping this information up-to-date and agree to inform us of any relevant changes as and when they occur. You recognise that failure to do so may increase the likelihood of adverse reactions.

3. Aftercare

Post-Treatment Care:

After treatment, it is advised to keep the needle, cupping, moxa, and gua sha sites clean.

Strenuous activity is generally best avoided immediately after treatment.

It is common to feel a desire to rest after treatment, and patients are encouraged to listen to their bodies.

Some individuals may experience a dull ache at the needle sites after treatment, which is considered normal and is not a cause for concern.

4. Monitoring and Seeking Medical Attention:

If any adverse effects or concerns arise after treatment, patients are urged to contact their practitioner promptly and/or seek medical attention.

Specific situations requiring immediate attention include:

- if a needle site becomes red or inflamed.
- if acupuncture was administered on the upper back or shoulder, and there is any severe, gradual, or sudden onset of pain over the chest, potentially combined with difficulty in breathing (possible signs of pneumothorax)

Patients are advised to seek immediate medical attention if experiencing signs of pneumothorax, as it is an extremely rare but serious condition.

Prompt medical treatment can ensure a full recovery and prevent any potential long-term consequences.

By booking an appointment at Solent Classical Acupuncture you acknowledge the aftercare guidelines and their importance to your overall well-being and safety post-treatment.

5. Cancellation Policy

If you need to reschedule or cancel your appointment, please provide us with a minimum of 24 hours notice.

6. GDPR UK, Confidentiality & safeguarding

Solent Classical Acupuncture is committed to ensuring the privacy and security of your personal information. We process your data in accordance with the General Data Protection Regulation (GDPR UK) and other relevant data protection laws.

By using our services, you consent to the processing of your personal data in line with current data protection legislation.

The information you provide is used solely for the purpose of delivering healthcare services and will not be shared with any third party without your explicit written consent (or that of a parent/guardian if you are under 18).

In exceptional circumstances and where the practitioner's duty to society overrides the duty of confidentiality, disclosure of personal information may be necessary in situations involving criminal or safeguarding issues. Every effort will be made to discuss this with the patient.

From time to time, Solent Classical Acupuncture may use your information to contact you about upcoming clinic news or special offers. Please let the clinic know if you would prefer not to be contacted.