

Informed consent for Acupuncture and Oriental Medicine

I hereby voluntarily consent to receive Acupuncture and Oriental Medicine in treatment of my present and future health conditions. I understand that the treatment will be administered by *Dr. Jessica B. Lipham, N.D., L.Ac.* On occasion, if *Dr. Lipham* is not available, I consent to treatment by a substitute Licensed Acupuncturist (LAc), as designated by *Dr. Lipham* and approved by myself. The treatments that will possibly be administered are described below.

Acupuncture and Oriental Medicine Treatments That May Be Administered:

Acupuncture: This is a safe treatment involving the insertion of tiny sterile (and disposable) needles through the skin, which can produce a mild but temporary discomfort (usually a dull ache or heaviness). It may occasionally cause the sight to pinpoint bleed or form a bruise, however this is more rare. Other possible risks from acupuncture include dizziness and fainting. I will immediately report to *Dr. Lipham* any dizziness that may occur during or after a treatment.

Traditional Chinese Herbal Supplements: Chinese herbs have been used safely for centuries. Infrequently, one may experience digestive upset or other mild reactions to herbs. If I experience any discomforts related to the use of my herbal prescription, I understand that I should stop the herbs immediately and inform *Dr. Lipham*. Some herbs may be inappropriate for pregnancy and breastfeeding. I accept full responsibility to inform the doctor of a suspected or confirmed pregnancy, or if I am a nursing mother.

Heat Treatment with a TDP lamp: This is used to warm the body or specific local areas. Every precaution is taken to prevent overwarming, but the rare possibility of a mild burn does exist.

Cupping: This involves a localized suction produced by using heat and creating a vacuum in a small glass cup. There is a possibility of local discoloration that should fade within 1-7 days after the treatment.

Gua Sha: Gua Sha is scraping on the skin in a small area using a smooth-edged instrument. This often results in discoloration to the localized area, however this is the desired treatment effect and will fade within 1-7 days.

Plum Blossom (or tapping): Multiple, mild needle pricks are repeatedly applied in a localized area with an instrument known as the seven star hammer. On occasion the area may pinpoint bleed or discolor as this too is a desired effect of the treatment.

By signing below, I show that:

- *I have read, or have had read to me, the information on this consent form.
- *I understand the possible risks and complications involved. I have had the opportunity to ask questions specific to my treatment and I can request more information at any time if desired.
- *I consent to receiving treatment that involves the above procedures.
- *I understand that I have the right to refuse or discontinue treatment at any time. I also understand that this refusal may affect the expected results.

Print name

Sign name

Date