



## **INFORMED CONSENT TO TREAT**

By signing this form, you agree that you have the right to have your questions answered regarding treatment and you understand the potential risks of treatment. By signing this form, you give consent to be treated by **Thrive Acupuncture and Wellness** through acupuncture, herbal treatments, and /or the therapeutic options below only. Thrive Acupuncture and Wellness is NOT a primary care provider.

**Acupuncture:** Acupuncture involves the insertion of small, stainless steel single-use needles. Side effects and risks are few and rare: pain or bruising at the site of needling, initial worsening of symptoms, fatigue, needle shock and pneumothorax. All licensed acupuncturists are trained to avoid these side effects. Please let us know if you have any concerns or experience any of these symptoms after treatment.

**Moxibustion:** “Moxa” (for short) is heat therapy that involves burning material on or over the skin. Risks include a potential for burn or an allergy to the smoke.

**Gua Sha and Cupping:** These are vigorous massage methods that can intentionally cause bruising. Areas that have been treated should be covered from wind, excessive cold / heat, and hot water for a period of 24 hours after treatment. Bruises usually heal within a week or less.

**Microcurrent (Electro Acupuncture):** Modern microcurrent therapy offers a non-needle method for patients to experience the benefits of acupuncture. Extremely low frequencies and intensities are applied to selected acupuncture points with hand-held probes or pads. This very low frequency range is resonant with normal electrical activity of the human body. Little or no electric current is felt.

**Tuina:** A form of Chinese bodywork that addresses musculoskeletal issues such as hip joint subluxation and acute lumbar sprain (among other issues) through massage and acupressure, and without needles. This modality does not involve puncture and is appropriate for pediatric care.

**Cold Laser:** This therapy is non-invasive and stimulates healing while using low levels of light impulses at specific wavelengths. The low levels of light are not enough to heat your body's tissue. This therapy incorporates the same principles as traditional acupuncture but uses light waves instead of penetrating needles to stimulate the acupuncture points. It is non-invasive, drug-free, and pain-free, and no side effects.

**Herbal medicine, supplements, and dietary suggestions:** Chinese herbal medicine and supplementation is a prescription service. As with any prescription, it should not be shared as the prescribing is highly specific to you and your health concern at the time. The medicine or supplement may not help another person with the seemingly same condition. It is important that you take the herbs and supplements as prescribed. Taking more, less, or at non-prescribed times can cause unwanted effects. Side effects may include nausea, and other digestive upset. If this occurs, try taking the herbs / supplements with food. If these symptoms seem severe or do not subside, please contact us immediately at 240. 718.8332.

**Pregnancy:** You must notify us immediately if you become pregnant or are in the process of becoming pregnant. We will avoid specific acupuncture points, herbs, and other modalities which may induce miscarriage. Chinese medicine can be beneficial during pregnancy and even during the birthing process.

I have read this form in its entirety and give my consent to be treated. I understand that I may ask questions regarding treatment and risk at any point during service and may decline treatments at any time in the future.

Patient's Printed Name: \_\_\_\_\_

Patient's Signature: \_\_\_\_\_

Date of Signature: \_\_\_\_\_