

Acupuncture

What is acupuncture?

Acupuncture is a form of treatment which is performed to try and reduce your pain. It involves the insertion of very fine needles into certain points around the body.

How is acupuncture done?

This treatment will be carried out within the Pain Management Unit and you will be asked to sit or lie down. The needles are inserted into the skin at various sites of the body and are left in for 10-30 minutes, after which they will be removed.

You will then be offered a drink and advised to drink plenty of water.

How will I feel during the treatment?

You may feel a:

- Local pressure as the needle is inserted
- Tingly feeling
- Heavy dragging feeling
- Warm relaxed feeling

How will I feel after the treatment?

Acupuncture is generally a very safe treatment; however, some side effects experienced are:

- Slight pain during or after treatment.
- Pain may worsen for first 24 hours.
- Minor bleeding at site of needle insertion – usually stops with minimal pressure after a few minutes.
- Faintness/drowsiness can occur.

Let your acupuncture practitioner know:

- If you have ever experienced a fit, faint or “funny turn”.
- If you have a pacemaker or any other electrical implants.

- If you have a bleeding disorder.
- If you are taking any blood thinning medication, e.g. Warfarin, Clopidogrel etc.
- If you have any heart conditions.
- If you have or are at risk of infection.

Can I go straight home after acupuncture?

We will ask you to wait a short while after the treatment, to have a drink and ensure that you feel well enough to go home. You will be advised to rest the day of treatment, then to continue as normal the next day.

How many treatments will I need?

We will initially offer you four treatments - this will be reviewed after each treatment.

Can I drive after the acupuncture?

We may advise you not to drive directly after the treatment in case you feel faint or drowsy. You will be advised to arrange for someone to drive you home.

If you have any queries about acupuncture, please contact the Pain Management Unit.
Tel: 0118 322 8261 Monday to Friday 9am to 5pm. After hours, weekends and bank holidays contact your GP or their out of hours service for advice.

This document can be made available in other languages and formats upon request.

PAIN_1134

Physiotherapy Department/Pain Management Unit, May 2016

Review due: May 2018