Acupuncture for Pain Relief

Exceptional healthcare, personally delivered
Clinicians in the West have used acupuncture since the 1970s. They believe that acupuncture helps reduce pain by stimulating the brain to release the body’s natural painkillers called endorphins and encephalins, which can reduce pain and inflammation.

Acupuncture appears to be effective in a wide range of painful conditions for example back and leg pain, neck and arm pain. It has been successfully used to treat headaches, migraines, trapped nerves, and various kinds of rheumatic and arthritic pain.

Treatment

- Your Consultant has recommended that you receive a course of acupuncture. A Nurse Specialist will perform the treatment.
- The needles used are sterile and disposable and are left in situ for approximately 20 minutes (10 minutes first session to assess the way you may react).
- When inserted, the fine needles may cause a mild temporary discomfort.
- You may feel a mild ache or tingling whilst the needles are in place.

Possible side effects

These are rare but may include:

- Drowsiness/fatigue.
- Increased pain (this is usually temporary).
- Faintness.
- Mild sickness.
Possible benefits

Acupuncture is not a cure, but can help relieve your pain. It can:

- Decrease the pain after 2-3 sessions.
- Decrease the amount of painkillers you need to take.
- Increase your sense of well being.
- Improve sleep.

Please inform the Acupuncturist if you:

- Take any blood thinning medication such as:- Warfarin, Clopidogrel, Rivaroxaban, Dipyridamole, Dabigatran it is very important you contact us PRIOR to attending for your procedure. Please note this list is not exhaustive.
- Are diabetic.
- Are epileptic
- Pregnant.
- Faint easily.

For further help

If you have any other worries or questions about your acupuncture, please discuss them with your practitioner.


Risk: BMAS (British Medical Acupuncture Society)

www.medical-acupuncture.co.uk


NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution
If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.

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