Dry Needling Consent Form

Dry needling is a form of musculoskeletal therapy that involves tiny microfilament needles that are placed strategically in muscle groups where trigger point activity occurs. It can help release tension in the muscle and reduce pain. This is not traditional Acupuncture, but can reap the same benefits. Dry needling is a safe and come practice, rarely do any complications occur with this procedure.

Please answer the following questions: ***CIRCLE***

1. Have you ever fainted or experienced a seizure? YES NO
2. Do you have a pacemaker or any other electrical implants? YES NO
3. Are you currently taking anticoagulants

(ex. Aspirin, blood thinners)? YES NO

1. Are you currently taking antibiotics for an infection? YES NO
2. Do you have a damaged heart valve, metal, replacement

piece, or implant, or another risk of infection? YES NO

1. Are you pregnant? YES NO
2. Do you suffer from metal allergies? YES NO
3. Are you a diabetic or do you suffer from impaired wound healing? YES NO
4. Do you have Hepatitis B, C, HIV, or any other infectious disease? YES NO

**Risks** include accidental puncturing of the lung (pneumothorax), bruising, infection, and/or nerve injury.

*Bruising is a common occurrence and should be expected after a procedure*

**Statement of Consent** I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby understand the effects of this procedure and am aware results may be inconclusive for me and/or require multiple treatment sessions. I have been warned of possible risk factors and side effects that may occur at the conclusion of this therapy. I acknowledge that I have completed all the necessary paperwork and answered their questions to the best of my ability. I will not blame the doctor for any complications that may from result from my failure to disclose all of my patient history that was asked of me. By signing this document, I consent to the following procedure and the care I will receive in conjunction with this type of therapy.

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Patient or Authorized Guardian signature Date

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Relationship to patient

**Doctor Affirmation** I have explained the procedure indicated above and its attendant risks and consequences to the patient and/or guardian who has understanding thereof, and has consented to its performance.

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Providing Doctor Date

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**Things to know before receiving traditional acupuncture and/or dry needling treatments**

1. **Eat something prior to treatment**, such as a granola bar or a small meal. Acupuncture can often lower blood sugar or energy, and in some cases may cause the recipient to feel faint.
2. **Shower prior to treatment** to ensure clean skin surfaces for inserting needles. This will reduce the chances of infection.
3. **Dress appropriately.** Patient will be asked to expose areas of skin for proper needle placement.If preferred for modesty, shorts, a tank top, and/or sports bra are acceptable. A massage table with a blanket for comfort and modesty will be provided.
4. **Be sure to use the restroom before treatment.** Once needles are in place, the treatment will last for approximately 20-30 minutes.
5. **Do not perform heavy physical activity directly after treatment.** Drink water and rest, especially if any faintness or fatigue is felt.
6. **Eat and drink after treatment.** Have a snack and water available to combat fatigue and potential light headedness after treatment.
7. **Bruising and soreness can be expected** after dry needling, and may be noticed after traditional acupuncture treatments as well. Ice and stretch to relieve soreness.
8. **Contact the office if pain is felt or symptoms develop after treatment**