

**Podiatry Service**

# **Acupuncture Information Leaflet**



## What is Acupuncture?

Acupuncture is a method of treating symptoms of pain and discomfort by inserting needles into various parts of the body.

## How does it work?

This cannot be fully explained, but it is known to help the body release natural painkillers, known as endorphins. It also helps stimulate nerve and muscle tissue.

## What do Podiatrists use it for?

Podiatrists can use acupuncture for pain relief for conditions from the knee down.

## Can it cause harm?

Acupuncture is an extremely safe procedure and carries the same risk as any other medical treatment involving needles such as slight bruising at the site.

## Is it painful?

Some people experience a tingling sensation or dull ache when the needle is inserted. If you experience significant pain, tell the podiatrist as they may have to readjust the position/depth of the needle.

## Are there any side effects?

Minor bleeding can occur, as can some bruising. Patients can find their pain becomes worse for a short time afterwards, but in general, this pain is followed by an improvement and should therefore be looked at positively.

Other responses may include the feeling that alcohol has been consumed, feeling faint, drowsiness, warmth in the chest/face, flushing, and emotional reactions (laughing or crying).

**Because of these possible responses, we advise that you should not drive after your first treatment or for the rest of that day.**

### How many treatments will be required?

Normally 6–12 treatments are required. Sometimes one treatment is enough depending on your response to treatment. After 2 to 3 treatments if there is no improvement acupuncture will be stopped.

### Will it cure me completely?

This depends on the condition and response to treatment. Some can be cured completely; others can improve and may require regular treatments.

As with medicine in general, there will be some for whom no improvement will be felt. Occasionally symptoms can become worse.

### Can Acupuncture transmit AIDS or Hepatitis?

**No.** All needles come in sterile packaging and are used once only, then disposed of. This means that there is no possibility that infection could be transmitted.

### I am a blood donor; will I still be able to give blood?

**Yes.** Tell the Podiatrist that you give blood and they will give you a letter explaining that you have had acupuncture using sterile needles, which will allow you to still donate blood.

Contact details

Podiatry Headquarters: Telephone: 01259 290512

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Podiatrist Name: .....

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**If you can't go let us know!**

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times.

So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

**SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES**

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