

Patient Informed Consent To Treat Form

Dear Patient,

Welcome to my acupuncture practice. While receiving and acupuncture treatment, please feel free to communicate with me during the needling, cupping, or any other process, as this will enable me to make adjustments that will allow the treatment to be of maximum comfort. If you experience any dizziness, nausea, cold sweats, shortness of breath, or feeling faint during the treatment, please inform me immediately. I will make prompt adjustments to make you feel comfortable again, which happens almost instantaneously. Other possible side effects of acupuncture treatments may be local bruising, mild soreness, or pain in the areas that were treated, brief generalized fatigue, tingling, or numbness.

If you have some trigger point release work performed then you may feel sore for several hours to possibly 24-48 hours depending on how much tension was released. Some people apply topical medicines such as Dit Da Jiao or arnica gel after treatments to help alleviate any soreness.

Cupping is a modality that I like to use in my practice. Cupping may leave marks on the skin that look like bruising. Sometimes these marks are dark circles. The marks may last several hours to several days. Please note that it is recommended that after cupping, people should avoid exposure to cold wind or air for 12 hours.

Moxibustion is a process of burning the fleece of the Artemesia Vulgaris (Mugwort) leaves, in very small amounts, either directly on the skin or on the ends of inserted needles. By burning the moxa, the points and channels are warmed to greatly enhance the treatment. The resulting "sunburn" on the skin is the desired effect and will disappear after a day or so.

I also use modalities such as Electrostim-acupuncture and Pachi-pachi, where an electric current is applied directly to inserted needles. Both are fantastic approaches to treating pain.

Important things to keep in mind regarding your treatment:

- While the needles are in place, please do not change your position or move suddenly.
- Wear comfortable, loose clothing. I may need to access points that are located on parts of the body such as the hips, sternum, entire back, buttocks, and thighs. I have draping to cover you - and protect your modesty for the times we need to access these areas for treatment. Please - arrive to your treatment with this in mind, as tight clothing can be restricting.
- Maintain personal good hygiene.
- Avoid treatment when hungry, fatigued, full, or emotionally unstable.
- I am unable to treat patients who are intoxicated.
- If you feel you might have the flu, please call ahead and we will postpone your treatment.
- If you do arrive and have the flu, I may refuse to treat you.
- If during treatment, you feel strong emotions that need to come out, please understand that my practice is a safe haven for all forms of personal healing.

Everyone responds to treatment differently, therefore I cannot guarantee the outcome of any session. Some people experience total relief of their symptoms after a few treatments while

sometimes a massive change happens in just one visit. it is very common for the work to be felt over the next several days as the treatment settles.

Should your condition change or become worse, over the course of acupuncture treatment, I may refer you to a physician. By signing and dating this form, you agree to be treated by John Ditmars, M.S., Lac., Dipl. Ac. (NCCAOM), with modalities under all aspects of his scope of practice, and you also agree that you understand the possible reactions to such treatments.

_____ Date
I have read and understand the above statement (Signature).

Legal representative for patients under 18. Please print and sign your name.

_____ John Ditmars, M.S., LAc., Dipl. Ac. (NCCAOM)
Print Patient Name