

Rowan Everard, LAc

Informed Consent for Treatment Procedures, Alternatives & Risks

Acupuncture

- Acupuncture is the insertion of needles through the skin to adjust the body's energy. The goal is to alleviate pain, provide relief from a variety of symptoms related to an illness, and support overall health and well being. Side effects from acupuncture can include, but are not limited to: slight bruising, minor bleeding, fainting and possible aggravation of symptoms. More serious complications, such as pneumothorax, are possible but extremely rare. If any side effects are felt, it is important to contact me at (630) 297-3705. I encourage all patients to keep in contact with their Primary Care Physician at all times during the course of a treatment. There are many other medical alternatives to acupuncture, which include treatment by Primary Care Providers.

Moxibustion

- *Direct Moxibustion* is the application of a protective salve (usually Bag Balm) and an herb (usually mugwort) onto the skin. The herb is burned until you feel the heat, then the herb is removed from the skin. Moxibustion is done to adjust the body's energy to alleviate pain, provide relief from a variety of symptoms related to an illness, and support overall health and well being.
- *Indirect Moxibustion* is the use of an herbal stick that is burned and held a few inches away from the skin. This herbal stick warms the area to adjust the body's energy to alleviate pain, provide relief from a variety of symptoms related to an illness, and support overall health and well being.

Side effects from *direct* and *indirect moxibustion* can include: reddening of the skin, risk of burn, risk of scarring, respiratory aggravation, and possible aggravation of symptoms. If any side effects are felt it is important to contact me at (630) 297-3705. I encourage all patients to keep in contact with their Primary Care Provider at all times during the course of treatment. There are many other medical alternatives to moxibustion, which include treatment by Primary Care Providers.

Herbal and Dietary Supplement Treatment

Chinese Herbal and Dietary Supplement is the use of prepared herbs and dietary supplements to alleviate pain, provide relief from a variety of symptoms related to an illness, and support overall health and well being. Side effects from herbal and dietary supplement treatment can include, but are not limited to: digestive complaints, headaches, and possible aggravation of symptoms. If any side effects are felt, you should discontinue the use of the herb/supplement and call me to consult on the issue. I encourage all patients to keep in contact with their Primary Care Provider during the course of treatment. There are many other medical alternatives to supplements, which include treatment by Primary Care Providers.

TDP Lamp

The TDP lamp is designed to provide heat to an area of the body to alleviate pain, provide relief from a variety of symptoms related to an illness, and support overall health and well being. Side effects that may be experienced from the lamp include, but are not limited to: reddening of the skin, risk of burn, risk of scarring and possible aggravation of symptoms existing prior to treatment. If any side effects are felt it is important to contact me at (630) 297-3705. I encourage all patients to keep in contact with their Primary Care Provider at all times during the course of a treatment. There are many other medical alternatives to acupuncture, which include treatment by Primary Care Providers.

I, _____, understand that I may refuse any of these treatments, and discontinue treatment at any time.

The treatment above has been explained to me, and I have had the opportunity to ask any questions I have regarding their application.

Patient Signature X _____

Printed Name: _____

Date: _____