

Patient Information & Consent Form



Medical Acupuncture & Low Level Laser Therapy
(LLLT / Photobiomodulation)

Important Information

Please read this information carefully and ask your doctor if there is anything you do not understand or any concerns about your treatment.

You have shown interest in receiving medical acupuncture, along with adjuvant low level laser therapy (LLLT).

Treatment may involve:

- Acupuncture needles
- Laser equipment
- Or both, depending on your individualized treatment plan.

Your practitioner will explain the plan before starting. You may request a chaperone at any time. Appropriate exposure of the body parts/joints under treatment is required. A gown or clothing sheet will be provided for privacy. Nursing staff may assist the doctor; inform the doctor if you are uncomfortable.

Acupuncture

Acupuncture is an alternative therapy where fine needles are inserted or a pointed laser applied to the body. It is considered medically safe, with side effects occurring in approximately 1 in 10,000 treatments.

Possible Side Effects:

- Needles: Minor bleeding or bruising, dull ache or tingling
- Laser: No bleeding, generally painless
- Other: Temporary flare of existing conditions, drowsiness, fainting, or fatigue (<3% of patients, self-limiting)

Press Needles:

Press needles may be applied to the outer ear for 5–7 days if needed. They are small, waterproof, and safe for showers (not baths or swimming). Risks include infection, swelling, or bleeding. Remove immediately if discomfort occurs. Not MRI safe—remove before imaging investigations.

Low Level Laser Therapy (LLLT / PBM)

Laser therapy is an adjunct treatment for inflamed joints, muscles, tendons, or nerves.

Possible Side Effects:

- Temporary flare-up of pain
 - Warmth or numbness at treatment site
 - Photosensitive reactions
- These effects are generally short-lived (1–2 days) and mostly occur during initial sessions.

Precautions

Inform your doctor if you have:

1. History of fits, faints, or unusual turns
2. Pacemaker or other electrical implants
3. Bleeding disorders or cancer
4. Blood-thinning or photosensitive medications
5. Open wounds or existing infections
6. Pregnancy

General Facts

- Treatments are performed by trained practitioners.
- Acupuncture and LLLT are valid adjuvant therapies but not a replacement for standard medical care.
- Ask your doctor if you have specific questions.

Treatment Procedure

- Fresh injuries usually require a few treatments; long-term conditions may need more sessions.
- Response typically builds in **3–4 sessions** with significant relief by **10–12 sessions**.
- Frequency is generally **2 times/week**, or once weekly for chronic conditions.
- Treatment may be spaced out as improvements occur.
- Maintenance sessions may be required for recurring conditions.
- Your doctor will provide a personalized treatment schedule.

Statement of Consent

I confirm that I have read and understood the above information, had the opportunity to ask questions, and am satisfied with the answers. I consent to treatment and understand that I may withdraw at any time.

Name: _____

Date of Birth: _____

Date: _____