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SPINAL SURGERY
CRANIAL SURGERY
MICRONEUROSURGERY
SPINAL INSTRUMENTATION

ACUPUNCTURE

Acupuncture

As you know, acupuncture has been recommended to you as a non surgical treatment modality to help your pain. Neurosurgical Consultants wants to give you additional information so that you can prepare for your evaluation and treatment.

What is Acupuncture? Acupuncture is the insertion of very thin, sterile needles into the skin, meant to effect change in the body. As a part of Traditional Chinese Medicine (TCM), acupuncture has been practiced for thousands of years, and is based on the concept of correcting energy flow through meridians or channels of the body. The acupuncture needles are inserted into points along these meridians to stimulate the body's own healing capabilities, increase blood flow, reduce pain, and improve overall health and wellness. Note: the needles are used only once and then discarded with other medical sharp items.

What is Cupping? Cupping is an adjunctive technique that can be performed at an acupuncture visit. Glass cups are adhered to the skin by using a suction pump and are retained for 5 to 20 minutes. Cupping improves circulation, relaxes muscles, and can provide an analgesic (pain relieving) effect. It can leave some temporary skin discoloration that typically resolves within a week.

What to Expect During Your Treatment: On arrival to your first visit, you will be asked to fill out a short health history form, specific for your acupuncturist. Plan to arrive about 10 minutes early to complete the paperwork. The form is different and less complex than the one you completed for your first visit to Neurosurgical Consultants. The acupuncturist will discuss the information with you to determine the best treatment plan and point selection. Once inserted, the needles will remain in the skin for 15-30 minutes while you relax or take a nap on the exam table. Typically, two sets of needles will be inserted, so the average follow-up appointment lasts 1 hour in length. Please wear comfortable, loose clothing that provides easy access to the arms below the elbows, legs below the knees, and to the area of discomfort.

These instructions are meant to be a guide to acupuncture treatment provided in our office by our acupuncturist. We hope that you find them helpful. They are not a substitute for medical care by a professional. Also, other practitioners may have different routines. For more information, visit our Web Site, <http://www.neurosurgical-consult.com>.

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