

# Facial Acupuncture

## INTAKE FORM

Name \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_ Emergency Contact \_\_\_\_\_  
Phone \_\_\_\_\_

\*\*Please answer the questions below.

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What are your biggest concerns? \_\_\_\_\_

Have you received acupuncture before?  Yes  No

Are you on any medication?  Yes  No If yes, which ones \_\_\_\_\_

Do you bruise easily?  Yes  No Have you had surgery on your face? \_\_\_\_\_

Are you currently pregnant?  Yes  No Do you have any allergies? \_\_\_\_\_

\*\*Please mark any of the following that apply to you.

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- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Acne             | <input type="checkbox"/> Headaches           | <input type="checkbox"/> Recent surgery    |
| <input type="checkbox"/> Melasma          | <input type="checkbox"/> Blood Disorder      | <input type="checkbox"/> Botox             |
| <input type="checkbox"/> Red face         | <input type="checkbox"/> Vertigo             | <input type="checkbox"/> Fillers           |
| <input type="checkbox"/> Large pore size  | <input type="checkbox"/> Sinus Congestion    | <input type="checkbox"/> Laser             |
| <input type="checkbox"/> Dry Skin         | <input type="checkbox"/> High Blood pressure | <input type="checkbox"/> Microdermabrasion |
| <input type="checkbox"/> Facial Puffiness | <input type="checkbox"/> Varicose veins      | <input type="checkbox"/> Wear contacts     |
| <input type="checkbox"/> Cold sores       | <input type="checkbox"/> Diabetes            | <input type="checkbox"/> Others, please    |
| <input type="checkbox"/> Sensitive Skin   | <input type="checkbox"/> Cancer              | <input type="checkbox"/> specify _____     |
| <input type="checkbox"/> Itchy Skin       | <input type="checkbox"/> Cold/Flu            |  |
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# Facial Acupuncture

## WHAT TO EXPECT

### FACIAL ACUPUNCTURE:

A facial acupuncture treatment involves the insertion of acupuncture needles into fine lines and wrinkles on the face and neck in order to reduce the visible signs of aging. In Traditional Chinese Medicine (TCM), the meridians or pathways of Qi (energy) flow throughout the entire body from the soles of the feet up to the face and head; consequently, a facial acupuncture treatment addresses the entire body constitutionally, and is not merely “cosmetic.” A facial acupuncture treatment is customized for each individual. It is no way analogous to, or a substitute for, a surgical “face lift”. A treatment session may confine itself solely to facial acupuncture, or it may be used in conjunction with other procedures. Facial acupuncture can increase facial tone, decrease puffiness around the eyes, as well as bring more firmness to sagging skin, enhance the radiance of the complexion, and flesh out sunken areas by stimulating collagen and elastin production. Customarily, fine wrinkles will disappear, and deeper ones be reduced. It also reduces inflammation and dark spots, and releases muscle tension. As this treatment is not merely confined to the face, but incorporates the entire body and constitutional issues of health. Generally you should notice improvements in energy levels, digestion, immunity, and feel more relaxed.

### FACIAL CUPPING:

Facial cupping is designed to bring blood flow, and Qi (life force) to the skin and muscles of the face. It smoothes fine lines, relaxes tight facial muscles, stimulates collagen and elastin production, moves stagnant lymph and toxins, and reduces inflammation.

### FACIAL GUA SHA:

Facial gua sha can help with deep wrinkles, sagging, facial discoloration, and under eye puffiness. It can also help move lymph stagnation, detoxify the face, and improve circulation.

## FAQ

How long are treatments? Generally treatments are 1-1.5 hours in length. A treatment consists of acupuncture, facial cupping, and jade gua sha.

What do I wear? Please wear comfortable clothing that exposes the neck, collarbone, and legs up to the knee.

How do I prepare for the session? Please arrive with a clean face with no makeup on. It is best to arrive hydrated and avoid caffeine right before the session. Jojoba oil and/or arnica gel may be used.

Where are the needles inserted? Needles will be inserted on the foot, ankle, lower leg, neck, chest, face, ears and scalp.

How many sessions are required for best outcomes? This varies between people, but expect 1 session per week for 8-12 weeks. After the initial series, maintenance treatments are usually 1 session per 1-2 months.

How do I maintain results? It's best to always use sunscreen to prevent lines and dark spots. Stay hydrated! Limit caffeine and sugar. Make sure to get enough exercise during the week, and between 7-9 hours of sleep per night.

What is the investment? \$150 per session.

# Facial Acupuncture

## INFORMED CONSENT

Instructions - This is an informed consent document that has been prepared to help your ND inform you concerning facial acupuncture treatments, the risks involved, and possible alternatives. Please be advised that this is not a surgical procedure. It is important that you read this information carefully and completely. Please initial each page, indicating that you have read the page and sign the consent for facial acupuncture treatments, as proposed by your ND.

### Contraindications for Treatment:

- High blood pressure
- Problems with bleeding or bruising such as hemophilia
- Severe Migraine headaches
- Parkinson's disease
- Recent Microdermabrasion
- Diabetes mellitus
- Cancer
- Recent laser treatments
- Hepatitis
- Vertigo
- Recent Botox treatments
- Dermal filler (Restylane, Juvederm, Radiesse etc)
- Any skin diseases (poison ivy, eczema, hives, herpes outbreak, allergic reactions)
- Pregnancy

### Alternative Treatment

Improvement of sagging skin, wrinkles and fatty deposits may be attempted by other treatments or surgery such as a surgical facelift, chemical face peels, or liposuction. Risk and potential complications are associated with these alternative forms of treatment.

### Risks of Facial Acupuncture

Every procedure involves a certain amount of risk and it is important that you understand the risks involved with a facial acupuncture treatment. An individual's choice to undergo a facial acupuncture treatment is based upon the comparison of the risk to potential benefit. Although the majority of patients do not experience the following complications, you should discuss each of them with your ND to make sure you understand the risks, potential complications, and consequences of a facial acupuncture treatment.

- Bleeding - It is possible, though very unusual, that you may have problems with bleeding during a facial acupuncture treatment. Should post-acupuncture bleeding occur, it will usually only consist of a few drops. Accumulations of blood under the skin may cause a bruise, or hematoma, which will resolve itself.
- Infection - Infection is very unusual after a facial acupuncture treatment. Should an infection occur, additional treatment, including antibiotics, may be necessary.
- Damage to Deeper Structures - Deeper structures such as blood vessels and muscles are rarely damaged during the course of a facial acupuncture treatment. If this does occur, the injury may be temporary or permanent.

# Facial Acupuncture

## INFORMED CONSENT

### Risks of Facial Acupuncture (continued)

- Asymmetry - The human face is normally asymmetrical. Thus, there can be a variation from one side to the other in the results attained from a facial acupuncture treatment.
- Bruising And Puffiness - There is a possibility of bruising (hematomas), puffiness, blood, tingling, itching, warmth, pain or other symptoms at the site of the needle.
- Nerve Injury - Injuries to the motor or sensory nerves rarely result from facial acupuncture treatments. Nerve injuries may cause temporary or permanent loss of facial movements and feeling. Such injuries may improve over time. Injury to sensory nerves of the face, neck and ear regions may cause temporary or more rarely permanent numbness. Painful nerve scarring is very rare.
- Needle Shock - Needle shock is a rare complication after a facial acupuncture treatment.
- Unsatisfactory Result - There is the possibility of a poor result from a facial acupuncture treatment. You may be disappointed with the results.
- Allergic Reactions - In rare cases, local allergies to topical preparations have been reported. Systemic reactions which are more serious may occur to herbs used during a facial acupuncture treatment. Allergic reactions may require additional treatment.
- Delayed Healing - Delayed wound healing or wound disruption are a rare complication experienced by patients in the aftermath of a facial acupuncture treatment. There is a greater risk for smokers, who frequently have dry, sagging skin, which does not heal as readily as that of non-smokers.
- Long Term Effects - Subsequent alterations in facial appearance may occur as the result of the normal process of aging, weight loss or gain, sun exposure, or other circumstances not related to a facial acupuncture treatment. A facial acupuncture treatment does not arrest the aging process or produce permanent tightening of the face and neck. Future facial acupuncture maintenance treatments, or other treatments, may be necessary to maintain the results of an acupuncture facial.

### ADDITIONAL CARE NECESSARY

There are many variable conditions in addition to risk and potential complications that may influence the long term result from facial acupuncture treatments. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with a facial acupuncture treatment. Other complications and risks can occur but are even more uncommon. Should complications occur, other treatments may be necessary. The practice of acupuncture is not an exact science. Although good results are expected, there is no guarantee or warranty, either expressed or implied, on the results that may be obtained.

### FINANCIAL RESPONSIBILITIES

The cost of an acupuncture facial involves several charges for the services provided. The total includes fees charged by your ND, the cost of acupuncture supplies, and topical preparations.

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## INFORMED CONSENT

### DISCLAIMER

Informed-consent documents are used to communicate information about the proposed procedure along with disclosure of risks and alternative forms of treatment(s). The informed consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances. However, informed consent documents should not be considered all-inclusive in defining other methods of care and risks encountered. Your ND may provide you with additional or different information which is based upon all the facts in your particular case and the present state of knowledge within the field of acupuncture. Informed consent documents are not intended to define or serve as the standard of acupuncture. Standards of acupuncture are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve. It is important that you read the above information carefully and have all of your questions answered before signing the following consent.

### CONSENT FOR FACIAL ACUPUNCTURE PROCEDURE OR TREATMENT

1. I hereby authorize Dr. Holly Johnston, ND to perform a facial acupuncture treatment. I have received the INFORMED CONSENT FOR FACIAL ACUPUNCTURE.
2. I recognize that during the course of the facial acupuncture treatment, unforeseen conditions may necessitate different procedures than those above. I therefore authorize the above ND to perform such other procedures that are in the exercise of his or her professional judgment necessary and desirable. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my ND at the time the procedure is begun.
3. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.
4. It has been explained to me in a way that I understand:
  - A. The above treatment or exposure to be undertaken
  - B. There may be alternative procedures or methods of treatment
  - C. There are risks to the procedure or treatment proposed

I Consent To The Treatment Or Procedure And The Above Listed Items (1-4). I Am Satisfied With The Explanation.

\_\_\_\_\_  
Patient

\_\_\_\_\_  
Practitioner

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date