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## Your Consent for Treatment

This leaflet informs you about what to expect from your visit. It is important that you have read and understood the following information so that you can give your informed consent to treatment.

- This is an acupuncture clinic and you will be diagnosed and treated by Cyrille Bonnard.
- He is a qualified and insured acupuncturist and a member of the Acupuncture Foundation Professional Association and the British Acupuncture Council.
- As well as acupuncture needles, you may also be treated using the different techniques described in this leaflet. Appropriate lifestyle advice will be offered as part of treatment where appropriate.
- You have the right to say no to any part of your diagnosis and proposed treatment.
- You will be treated with respect. This includes respect for your wishes and beliefs, your right to make lifestyle changes at your own pace, and your right to privacy and modesty.
- At each session, Cyrille will explain what treatment he has decided upon.
- It is your decision to consent to this, and he will respect your autonomy to choose whether or not to continue. Any change of points or treatment methods will be explained before-hand.
- Before your first treatment, Cyrille will ask you to sign a consent form.

Cyrille will keep your diagnosis folder in a locked cabinet and no one but him has access to this.



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## Reactions to Acupuncture

Acupuncture is generally very safe. Serious side effects are very rare – less than one per 10,000 treatments. For most patients, an acupuncture treatment is relaxing and restful, leaving them slightly tired but with no significant side effects.

When you are needled, the acupuncturist is looking for a particular sensation which is not painful (about 1% of people find it painful).

It could be tingling, numbness, warmth, or a spreading sensation. This is known as “DeQi”. On rare occasions, a patient may feel faint during or after needle insertion, particularly at the first treatment. If this happens the needles are removed and the patient is kept comfortable until they feel back to normal.

Bruising is another side effect (about 3%) if there is slight bleeding on removal of the needle, and should be mentioned to the acupuncturist during the following visit.

About 3% feel a little worse for a while after the treatment, but this should be just temporary and is often followed by a stronger improvement.

*And finally, It is advisable to avoid alcohol before and after an acupuncture treatment.*

Should you have any concerns about reactions following treatment, please ring and speak to Cyrille.

At your next appointment, you will be questioned about anything which has changed since last treatment, so remember to make a mental note of any changes to discuss about.

EQUILIBRE ACUPUNCTURE

Room 37, Morrison Chambers, 32 Nassau Street, Dublin 2

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[www.equilibreacupuncture.ie](http://www.equilibreacupuncture.ie)



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# WELCOME TO EQUILIBRE ACUPUNCTURE

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## Your first visit

During your first visit you will be asked about the condition you are seeking treatment for. You will be asked about your general health, medical history and lifestyle. All of this is important information in order to be able to make a diagnosis in Chinese Medicine.

The process of collecting information may take 45 minutes, and it will be followed by a treatment. The session will last 1 hour and half.

In addition, you will need to declare any of the following medical details:

- *If you have experienced a fit or faint.*
- *If you have a pacemaker or any other electrical implants.*
- *If you have a bleeding disorder.*
- *If you are taking anti-coagulants or any other medication.*
- *If you have damaged heart valves or have any other particular risk of infection.*

Some terms in Chinese Medicine may seem strange, so please feel free to ask about anything which may worry you.

## Number and Frequency of Treatments

The number of treatments you need will depend on the condition for which you are seeking treatment, the length of time you have been unwell, and your overall energy.

Before the first treatment, you will be given a prognosis. Six to ten treatments may be recommended initially. After this, another block of treatments may be necessary depending on your condition and your response to the treatments.

# TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) is a healthcare system which has been in development for over 2000 years and includes acupuncture, herbal medicine, moxibustion (heat therapy) and Tui Na (massage). TCM takes a holistic approach, meaning the focus is on the person as a whole. Physical, emotional, spiritual, social and environmental factors are all taken into consideration. The aim of TCM is to restore balance to the body and mind and to strengthen our natural resilience and resistance to disease. It is a very positive model towards good health and lifestyle with as much emphasis on prevention as on diagnosis and treatment.

- **Acupuncture** - Acupuncture is a therapeutic tool which involves inserting and manipulating very fine needles into specific points on the body.
- **Tui Na** - Chinese therapeutic massage used to relieve muscle tension, stimulate acupressure points, open energy meridians and stimulate the flow of Qi. It can be used as a support to acupuncture or on its own for certain musculoskeletal conditions.
- **Moxibustion** - This is the application of indirect heat using moxa (mugwort- *artemisia vulgaris*) and/or heat lamps to warm acupuncture points or sometimes to relax muscles, and energise meridians.
- **Cupping** - Glass cups with a vacuum seal that are placed on the skin to stimulate blood flow and clear stagnant Qi. They are mainly used with musculoskeletal conditions.
- **Electro-acupuncture** - This is a very low frequency electrical current applied to the needle to increase blood flow, relax muscle tissue and clear stagnant Qi.
- **Gua Sha** - Flat tools made of horn or stone are used to rub the skin to increase blood flow and clear stagnant Qi. Cyrille uses Gua Sha essentially for facial cosmetic treatments.

## Before the treatment

It is best to eat a light meal before coming to your appointment as you cannot be treated if you have not eaten.

## After the treatment

Most people feel that acupuncture has a calming and relaxing effect.

- You may feel tired or sleepy and you should consider this if you are planning to drive or use heavy machinery.
- Should any side effects occur, they are generally minor and self-correcting
- Cupping and Gua Sha can sometimes mark the skin however this should be painless and should disappear within a few days.