



1002 N. Woodland Drive  
Lancaster, SC, 29720  
Phone: 803.282.9390  
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www.GindiPT.com

## Dry Needling Consent

*Your doctor has offered to treat you using a technique called "Dry Needling".*

**Dry Needling** is a very successful medical treatment which uses very thin needles *without* any medication (a dry needle) to achieve its aim. Dry Needling is used to treat pain and dysfunction caused by a wide range of musculoskeletal problems, sinus trouble, headaches, and some nerve problems. It is not the same as acupuncture. Acupuncture is part of Traditional Chinese Medicine, whereas dry needling is a western medicine technique, which needs to have a medical diagnosis. There is a clear scientific understanding of dry needling and it does not follow meridian based approaches as acupuncture may do.

Dry Needling works by changing the way your body senses pain (neurological effects), and by helping the body heal itself. There are additional electrical and chemical changes associated with dry needling therapy which assist in the healing process. It is important to see dry needling may act as just one part of your overall rehabilitative treatment.

Your doctor will choose a length and thickness of needle appropriate for your condition and your body size, and then insert it through the skin at the appropriate place. You will feel a small pinprick. Depending on the type of needle technique chosen, you may also feel a muscle ache and a muscle twitch. These are all **normal and good** sensations, and mean that you will experience good relief from your symptoms. You may experience an increase in pain within 1-3 days after treatment. This is normal and shows positive signs in most patients. In general, there is very little risk associated with this technique if performed properly. You may have a little bruising around the needle site, much the same as you would with any injection. This should clear in a couple of days. Any time a needle is used there is a risk of infection. However, we use only new, disposable, sterile, safe needles, and infections are extremely rare. If a nerve is touched it may cause a brief prickling sensation which is usually brief but may last a couple of days.

Please notify your provider if you have any conditions that can be transferred by blood, require blood anticoagulants or any other conditions that may have an adverse effect to needle punctures. Bruising is a common occurrence and should not be a concern unless you are taking a blood thinner. Please also let us know if you are pregnant, think you may be pregnant or have an implanted device such as a pacemaker. On some occasions, people may feel very happy, tearful, sweaty or cold. These symptoms all fade quickly. Fainting may occur in a very small minority of people. There are no lasting ill effects of these side effects. If you are being treated in the shoulder, neck, back or chest area, there is an additional risk that involves your lung. If the lung itself is punctured, you may develop a condition called a pneumothorax (air in the space around the lung). This is a rare but serious problem, and you should go directly to a hospital ER department without panicking if it occurs. The symptoms of this event include shortness of breath which gets worse, sudden sharp pain each time you breathe in, a bluish tinge to your lips, and an inability to "catch your breath". The treatment is very successful for this rare but possible complication.



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## **What to expect after receiving Dry Needling (DN)**

### **How will I feel after a session of DN?**

- You may feel sore immediately after treatment in the area of the body you were treated, this is normal but does not always occur. It can also take a few hours or the next day before you feel soreness. The soreness may vary depending on the area of the body that was treated as well as varies person to person, but typically it feels like you had an intense workout at the gym. Soreness typically lasts 24-48 hours. If soreness continues beyond this please contact your provider.
- It is common to have bruising after treatment; some areas are more likely than others. Some common areas are shoulders, base of neck, head and face, arms and legs. Large bruising rarely occurs, but can. Use ice to help decrease the bruising and if you feel concern please call your provider.
- It is common to feel tired, nauseous, emotional, giggly or “loopy”, and/or somewhat “out of it” after treatment. This is a normal response that can last up to an hour or two after treatment. If this lasts beyond a day contact your provider as a precaution.
- There are times when treatment may actually make your typical symptoms worse. This is normal. If this continues past the 24 hour – 48 hour window, keep note of it, as this is helpful information and your provider will then adjust your treatment plan based on your report if needed. This does not mean TDN cannot help your condition.

### **What should I do after treatment, what can I do, and what should I avoid?**

- It is highly recommended that you remain hydrated for the next 24 hours after treatment to help avoid soreness.
- It is recommended that you use a hot pack, or soak in a hot bath or hot tub to help avoid post treatment soreness.
- After treatment you may do the following based on your comfort level, if it hurts or exacerbates your symptoms then stop;
  - Work out and/or stretch
  - Massage the area
  - Use a heating pad
  - Avoid ice unless you are icing a bruise, heat is better for muscle soreness.
  - Take Tylenol, Ibuprofen/Motrin, aspirin, only as directed by your physician.

**If you are feeling light headed, having difficulty breathing, having chest pain or any other concerning symptoms**

**after treatment CALL us immediately. If you are unable to get a hold of us, call your physician.**



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I, \_\_\_\_\_  
(full name)

The patient (over 18) \_\_\_\_\_

The parent or legal guardian of \_\_\_\_\_,

Do hereby give consent for the performance of dry needling.

I am satisfied that the technique, risks and complications have been presented to me and all my questions have been answered to my satisfaction. I have read the attached two page dry needling consent form presented to me. I hereby indemnify the clinician and or practice against any liability arising from unforeseen consequences. Please be advised that there is a 25.00 charge for level I dry needling or 50.00 charge for level II dry needling procedure. Your doctor will decide which procedure is best for you. The procedure is not covered by insurance at this time. We do offer discounts for multiple treatments.

\_\_\_\_\_  
Patient/Guardian signature

\_\_\_\_\_  
Date