

Balanced Health Acupuncture Inc.

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Patient Instructions Pressballs, Intradermals, Presstacks & Magnets

These instructions are provided to you regarding treatment using pressballs, intradermals, presstacks or magnets. We require your signature on this form. Please read the following and then sign and date the bottom of the page. Thank you.

Pressballs are tiny, sterile, stainless steel or gold balls that are attached to a piece of tape which holds it in place on the skin.

Intradermal needles are tiny, sterile, stainless steel needles that are inserted superficially under the surface of the skin. The head of the needle is an "o" shape. Once inserted, the needle is covered with tape to hold it in place.

Presstacks are tiny, sterile, stainless steel needles that are inserted perpendicularly superficially into the skin. The head of the needle is a flat "o" shape. The tack is attached to a piece of tape which holds it in place on the skin.

Magnets are attached to a piece of tape which holds it in place on the skin. The magnets used are 700 gauss hand magnets.

Instructions:

- Pressballs, intradermals, presstacks and magnets are used to stimulate acupuncture points by their presence on or in the skin. They should not be manually stimulated since this could cause irritation to the skin and/or dislodge the item.
- Remove the pressball, intradermal, presstack or magnet immediately if it causes you any discomfort at any time.
- Minor itching or irritation could indicate that the item has been displaced, or that you may have an allergy to the adhesive tape. If the item becomes uncomfortable in any way, remove it immediately.
- Pain, soreness, swelling, redness, heat or persistent itching may indicate an infection. If any of these symptoms are present, remove the item, consult a physician and let your practitioner know.
- You may wash and shower when you have these items in; however, avoid vigorous washing or scrubbing of areas where they have been applied.
- If a pressball, intradermal, presstack or magnet becomes loose, do not reinsert it. Never try to insert these items yourself anywhere on your body or on someone else.
- Pressballs, intradermals, presstacks or magnets should be left in for a maximum of 3 days.
- To remove an intradermal, lift a corner of the tape with tweezers and pull towards the opposite end of the tape. Be sure that the needle is removed. Place in the tape and discard.
- Upon removal of a pressball, intradermal, presstack or magnet, place it immediately in the trash.

Acknowledgement of Instructions

I have read and understand the above information. I agree to follow the above instructions. If I have any questions or concerns, I will contact Balanced Health Acupuncture Inc. at 617-794-4835.

Patient Signature

Date