



CHI HARMONY ACUPUNCTURE

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Patient Instructions for Pressballs, Intradermals, Presstacks, and Acu-Magnets

The following adjunctive therapies are used to prolong the effects of an acupuncture treatment. They are positioned over the same acupuncture points used for needling, and provide an ongoing, low-level stimulation to the point. They are each attached to and/or covered with a piece of tape to hold them in place on the skin.

Pressballs are tiny, sterile, stainless steel or gold balls.

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.

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.

Acu-magnets are small 700-800 gauss discs.

Instructions for pressballs, intradermals, presstacks and magnets:

- Do not press, rub or manually stimulate otherwise, since this could cause irritation to the skin and/or dislodge the item.
- Once in place, you should not be aware of it. 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 at any time (including while sleeping or on the phone), remove it immediately and inform your practitioner.
- 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 it becomes loose, do not reinsert it. Never try to insert these items yourself anywhere on your body or on someone else.
- These should be left in for a maximum of 3-5 days.
- Removal: Lift a corner of the tape with tweezers and pull towards the opposite end of the tape. Be sure that the item is still attached to the tape. If not, check to see if it is still on your skin. Wrap completely in the tape before disposing of it.

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 Chi Harmony Acupuncture at 617-267-1055.

Patient Signature

Date