



Dry Needling/Acupuncture - Adverse Effects

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Dear Client/Athlete

You have received or will be receiving treatment involving acupuncture needles and skin penetration.

In the vast majority of cases there will be no adverse effects from your treatment. In a minority of cases however, especially when treating areas around the chest, there may be adverse effects from the treatment. Rarely, acupuncture around the chest can cause a pneumothorax (puncture of the lung). Rarely dry needling or acupuncture can cause excessive bruising or bleeding.

Symptoms to watch out for during or in the 24 hours after the treatment process:

- Painful breathing
- Shortness of breath
- Any other symptoms in relation to your chest or breathing
- Excessive swelling or bruising

If you experience any of these, you should immediately contact your treating practitioner or seek urgent medical advice.

Your therapist will be happy to answer any further questions you may have, in relation to potential side effects.

