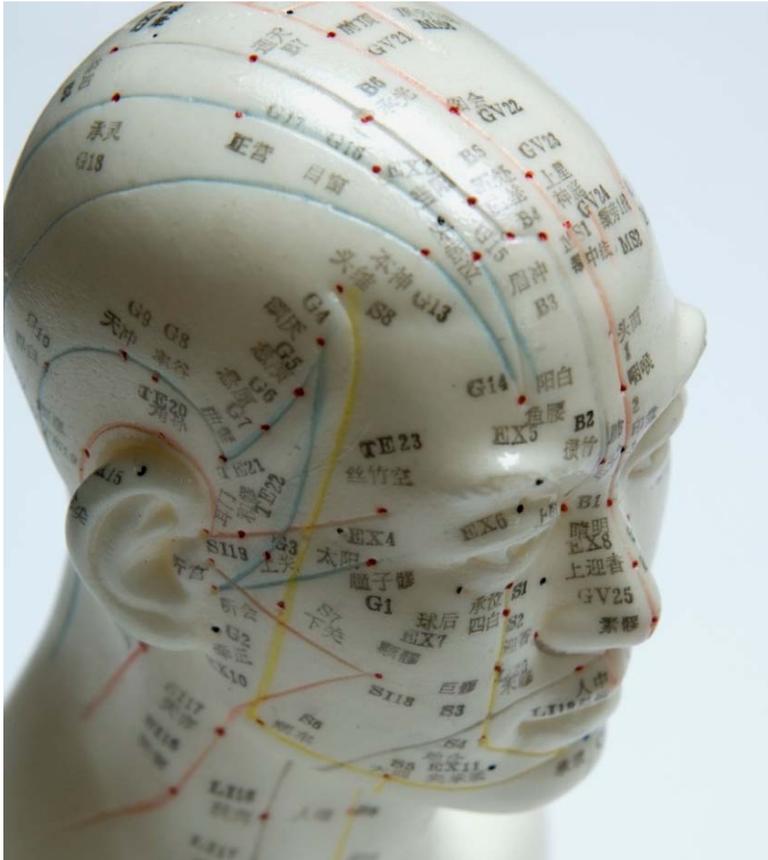


Dental Acupuncture Factsheet



Deciding on treatment

The decision to receive treatment is entirely up to you. We have put this fact sheet together to aid you in your decision. Should you want further information, please ask us as there are time-slots available when you can meet with and talk to the practitioner about what is involved.

What is acupuncture

Acupuncture is a health care method based on principles dating back more than 2000 years. It is commonly associated with China but was also practiced widely in Japan and Korea before being introduced to the West.

Acupuncture involves inserting very fine needles in order to create a reaction within the body that can relieve muscle tension and alleviate pain amongst other things. The scientific reasons for why acupuncture works is still under debate. However under the traditional belief system, pain occurs when the body is out of balance and acupuncture works to reinstate that balance. If you are interested in finding out more please go to www.acupuncture.org.

Acupuncture treatment

For some conditions, James or David might suggest you receive an acupuncture treatment. This may be because you suffer from pre-treatment anxiety, Temporomandibular joint disorders (TMJ) or unaccounted for facial pain either prior to or post dental surgery.

Dental anxiety?

TMJ pain?

Why not try
acupuncture



Who is giving the treatment?

Our acupuncturist is Steve McCulloch. Steve gained his BSc 1st class honours degree at the University of Westminster. Having had acupuncture to cure lower back pain and various conditions, as a result of too much sporting activity, his interest developed in using acupuncture to treat musculoskeletal conditions. Over many bike rides and much discussion, David and Steve concluded that acupuncture could be used beneficially within the dental environment.

Acupuncture and dental pain

Several studies have been published concluding that acupuncture can be effective in alleviating dental anxiety and TMJ disorders (to view summary articles, please go to www.dental108.com or ask the receptionist for a copy). It is also often used to promote wider well-being. For further information relating to conditions that acupuncture is used for please refer to www.acupuncture.org.

Is acupuncture safe?

Pre-sterilised single-use needles are used and all treatments are carried out in a professional manner as detailed in the British Acupuncture Council Codes of Safe Practice and of Professional Conduct. Two independent surveys, published in the British Medical Journal 2001, concluded that the risk of a serious adverse affect from acupuncture is 0.01%.

What to expect

For treatments, you will be seated in a dentist chair fully clothed. The needles are inserted principally in the arms and legs so wear loose and comfortable clothing that allow the cuffs to be rolled up. Sometimes very small needles are inserted in the ear.

Dental anxiety

If coming in for treatment of dental anxiety, you will need to arrive 30 minutes prior to your dental appointment. *Inserting needles is painless.* Sometimes there is a slight dull throb once the needle is inserted. It takes a couple of minutes to place the needles and then you relax for 20 minutes before they are removed and you proceed to your dental treatment.

TMJ and other treatments

Treatment for conditions other than anxiety is similar. However it can take up to 45 minutes as Steve will need to take a full case history and may use other techniques in addition to acupuncture.

Some things to bear in mind

- Wear loose clothing that can be rolled up above the knees and elbows;
- Try to eat something before coming for treatment;
- Tell the practitioner if you haven't had acupuncture before so he can explain the process.

15% of 25 – 54
year olds suffer
from extreme
anxiety when
visiting the
dentist