



THE UNIVERSITY
of EDINBURGH

Improving lifelong well-being



Frequently asked questions (FAQs) about acupuncture

What is acupuncture?

Acupuncture is believed to have started in China over 3000 years ago. When you have acupuncture, fine needles are put into your skin at specific points which are chosen based on the theories of Chinese medicine. This type of acupuncture is called Traditional Acupuncture and is used to relieve pain, restore and maintain health.

Who will give me the acupuncture treatment?

Dr Ooi Thye Chong, a New York State Licensed and National Board-Certified Acupuncturist (USA) will treat you.

What style of acupuncture will I receive at the Pelvic Pain Acupuncture Clinic?

Dr Chong is trained in meridian balance method acupuncture, which is one form of Traditional Acupuncture. Based on her extensive experience using meridian balance method acupuncture, most patients report an immediate drop in pain level.

How does acupuncture work?

Studies have shown that acupuncture works by causing your body to release its own pain-relieving and anti-inflammatory chemicals, such as endorphins and cortisol.

How long does the pain relief last?

Acupuncture is one of the several ways to manage pain. It is difficult to predict how long the pain relief will last because everyone is different. However, some patients report that the pain relief from their acupuncture treatment can last anything from 1-3 days. Patients also often report better sleep quality and higher energy levels.

Are the needles sterile?

Yes, the thin needles used are sterile and are only used once, then thrown away.

Do the needles hurt?

It should not be painful. It may be slightly uncomfortable when the needles first go in.

Some people may feel a dull, warm ache. This is a good sign.

The needles may be put in place for only a few seconds, or they may be left in for up to 20-30 minutes.

Is acupuncture safe?

Yes, acupuncture is safe when it is done by a trained professional. Some health problems mean that acupuncture is not advisable. You will be asked questions about your health to ensure that acupuncture is safe for you. If you have any risks, they will be discussed with you.

You should eat something in the two hours before having acupuncture otherwise you may feel faint.

Does acupuncture have side-effects?

Side-effects are rare.

Some people may get these symptoms:

- 🌀 Minor bleeding or bruising where the needles were. This should fade within a few days.
- 🌀 Slight distending sensation in the first few hours after treatment. This will settle.
- 🌀 Feeling light-headed. This can happen as acupuncture may lower your blood pressure and blood sugar levels. For this reason, it may not be safe for you to drive straight away, and we strongly advise you to eat within the two hours before your treatment.
- 🌀 If you do feel tired after treatment you should rest.