

SAFE AND SOUND

Pain Management

PRESCRIBING

Acupuncture

Acupuncture can reduce pain by stimulating the brain and spinal cord to produce natural pain-relieving chemicals such as endorphins, melatonin, and serotonin.

Indications:

- Chronic and acute pain:
 - Musculoskeletal, inflammatory, and neuropathic pain
 - Post-op pain
 - Phantom pain
 - Cancer pain
 - Headaches
 - Post-traumatic pain
 - Arthritic pain
 - Joint pain
 - IBS

Any side effects tend to be mild and short-lived. They may include:

- Fatigue
- Light headedness
- Bruising
- Localized bleeding
- Soreness, redness, or mottling of the skin around the needle sites.

Contraindications

- The use of points LI 4; SP 6; UB 60, 67 and sacral foraminal points B 31, 32, 33, 34 during pregnancy.
- The use of acupuncture with patient who have uncontrolled movements.
- The needling of and edematous limb at risk of lymphoedema
- Areas of spinal instability where as the result relaxation of the surrounding muscles could potentially give rise to spinal cord compression.
- The needling of scars, keloid, recent incisional wounds or skin with sensory deficit.
- The needling of intracapsular points if the patient is on anticoagulant therapy or is a hemophiliac.

Caution

- Acute stroke
- Patients with cancer
- Areas of poor skin condition
- Diabetic patients
- Patients with epilepsy
- Hemophilia or other clotting disorders

How to order acupuncture for an Inpatient at CCMC:

Place consult for Pain Management. Providers include: Dr. Gandhi, Dr. Brooks, and Dr. Borg

Community resources:

Acufinder.com <https://www.acufinder.com/Acupuncture/Texas>

Dr. Callie Wang with North Texas Whole Health and Wellness <http://www.wang-tcm.com/>