

MAINE MERIDIANS: Acupuncture & Chinese Medicine
Emily A. Pendergast, LAc, MAOM

Instructions for use of pressballs

Pressballs are very tiny stainless steel balls that are held in place with adhesive tape. Pressballs are positioned over the same acupuncture points used for needling. They provide an ongoing, low-level stimulation to the point, and the stimulation is increased when they are gently pressed.

To stimulate the acupuncture point, gently press the pressball for up to one minute. You may do this periodically throughout the day.

You may wash and shower when you have pressballs in place; however, avoid vigorous washing or scrubbing of areas where they have been applied.

During the summer months, pressballs can be left in for 3 – 5 days. During the winter, you may leave them in for up to seven days. For smoking cessation treatments (where you press them frequently) 3 days is appropriate.

Once in place, you should not be aware of the pressball.

Although problems with pressballs are rare, daily examinations are important. It is important to be aware of any changes in the skin, such as persistent itching or prolonged redness or pain.

Pain, soreness, swelling, redness, heat, or persistent itching may indicate an infection. If any of these symptoms are present, remove the pressball, consult a physician, and contact your practitioner.

Remove the pressball immediately if it causes you any discomfort at any time, including while sleeping or while on the telephone.

Remove the pressball immediately if you notice any swelling or redness in the area, and contact your practitioner.

Minor itching or irritation could indicate an allergy to the adhesive tape. Remove the pressball and let your practitioner know.

To remove a pressball, simply lift up the edge of the tape and peel it away. The pressball should still be attached to the tape. If it is not, check to see if it is still on your skin. Discard the pressball and tape once it is removed.

If a pressball becomes loose, do not try to reapply it. Never try to apply pressballs yourself anywhere on your body or on someone else.

If you have any questions or concerns, contact me at (207) 451-0769

I have read the above information. I understand the above information and consent to the use of this product.

Patient Signature _____ Date _____

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Instructions for Intradermal Needles

Intradermal needles are tiny, sterile, stainless steel needles that are inserted very superficially at an oblique angle into the skin. The head of the needle is a flat “o” shape. Once the needle is inserted, one piece of tape is positioned below the needle head to protect the skin and another is placed over the needle to hold it in place.

Intradermals stimulate the acupuncture points by their presence in the skin. They should not be manually stimulated since this could cause irritation to the skin and/or dislodge the intradermal.

Once in, you should not be aware of the intradermal. Although problems with intradermal needles are rare, daily examinations are important. It is important to be aware of any changes in the skin, such as redness, pain, or persistent itching. Remove the intradermal immediately if it causes you any discomfort at any time, including while sleeping or while on the telephone.

Minor itching or irritation could indicate that the intradermal may have been displaced or that you may have an allergy to the adhesive tape. Remove the intradermal and let your practitioner know.

Pain, soreness, swelling, redness, heat, or persistent itching may indicate an infection. If any of these symptoms are present, remove the intradermal, consult a physician, and let your practitioner know.

You may wash and shower when you have intradermals in; however, avoid vigorous washing or scrubbing of areas where intradermals have been applied.

If an intradermal needle becomes loose, do not try to reinsert it. Never try to insert intradermals yourself anywhere on your body or on someone else.

Intradermals should be left in a maximum of three days.

Before removing an intradermal, have a piece of tape on hand (any kind of tape is useable). To remove the intradermal, a corner of the tape should be lifted up with a pair of tweezers. Grasp the corner of tape with the tweezers and quickly pull the tape away. Check to make sure that the intradermal is sandwiched between the two layers of tape. If not, check your skin. Place the intradermal onto the extra piece of tape you have handy; wrap it completely in this tape before disposing of it.

If you have any questions or concerns, contact me at (207) 451-0769

I have read and understand the above information. I agree to follow the above protocols.

Patient Signature _____ Date _____

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Instructions for presstacks

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. The tack is attached to a piece of tape which holds it in place on the skin.

Presstacks stimulate the acupuncture points by their presence in the skin. They should not be manually stimulated since this could cause irritation to the skin and/or dislodge the presstack.

You may wash and shower when you have presstacks in; however, avoid vigorous washing or scrubbing of areas where presstacks have been applied.

Presstacks should be left in a maximum of three days.

Once in, you should not be aware of the presstack. Although problems with presstacks are rare, daily examinations are important.

Pain, soreness, swelling, redness, heat, or persistent itching may indicate an infection. If any of these symptoms are present, remove the presstack, consult a physician, and contact your practitioner.

Remove the presstack immediately if it causes you any discomfort at any time, including while sleeping or while on the telephone.

Minor itching or irritation could indicate that the presstack may have been displaced, or that you may have an allergy to the adhesive tape. Remove the presstack and contact your practitioner.

Before removing a presstack, have a piece of adhesive tape on hand (any kind of tape is fine to use).

To remove the presstack, a corner of the tape holding the presstack on should be lifted up with a pair of tweezers. Grasp the corner of tape with the tweezers and quickly pull the tape away. Place the presstack onto the extra piece of tape you have handy, and wrap it completely in the tape before disposing of it.

If a presstack becomes loose, do not try to reinsert it. Never try to insert presstacks yourself anywhere on your body or on someone else.

If you have any questions or concerns, contact me at (207) 451-0769

I have read the above information. I understand the above information and consent to the use of this product.

Patient Signature _____ Date _____

MAINE MERIDIANS: Acupuncture & Chinese Medicine

How To Use a Moxa Pole

Indirect heat using a moxa pole has been recommended as an adjunct to your acupuncture treatment. Follow the guidelines suggested by your practitioner for which areas of your body you should apply moxa heat and how long and often it should be applied. Carefully review the

instructions outlined below before using the moxa pole.
If you have any questions, please call 207-451-0769.

Using the flame from a lighter or gas stove, hold the pole close to the flame until the top begins to glow red. It is difficult to light a moxa pole with matches, as one needs a steady flame. In general, moxa poles are both hard to light and hard to extinguish.

When applying moxibustion heat to a specified area of the body, keep the tip of the pole at least one-half inch away from the surface of the skin. If the pole is held too close to the body or for too long a period of time, a blister could form. Blisters should be treated immediately.

While burning the moxa pole, the ash should be removed from the tip periodically to maintain a sufficient level of heat to penetrate the body. To remove the ash, twist the pole around the edge of an ashtray.

Heat from moxibustion should be applied to the body until the skin becomes pinker; this often takes 5-10 minutes. Look at the area receiving the heat every minute or two for changes in color.

To extinguish the moxa pole, place aluminum foil around the ignited end. If you will be using the pole again, do not place it in water. Be sure the moxa pole has been completely extinguished before leaving it unattended.

Your practitioner has recommended moxa therapy for: _____

In signing below, I acknowledge that I understand the risks and dangers, I have had an opportunity to have my questions answered and I understand the moxa pole is for my use and my use only.

Client Signature

Date