

## Acupuncture For Children

Acupuncture for developmental disorders children applies a combined application on scalp, tongue and limbs acupuncture. Treatment aims to trigger and adjust children's sensation, speech, cognitive and body movement through stimulation of acute points and meridians.

### Treatment

Application of acupuncture on scalp (needles retaining), tongue acute point stimulation and acupuncture on limbs (needles retaining depends on different situation of each patient). Fine and short needles would be used to reduce pain sensation. Needles insertion takes around 5 minutes and needles retaining takes around 30-60 minutes.

### Reminder to patient

Children receiving acupuncture would exhibit crying, struggling and reluctance. Elder children would have stronger reaction. At least one adult must accompany during the whole treatment. Our treatment assistant would provide help if necessary. The adult should take care of the child during the whole needles retaining period, to prevent the child from removing needles and getting hurt.

### Pay attention to the following patient

1. Accompanist and children with treatment compliance difficulty
2. Patients with bleeding tendency and coagulation factor disorders
3. Infant child with unclosed fontanel
4. Patients with fever or rashes
5. Patients with metal allergy
6. Patients with scalp lesions

### Possible Effects

1. Pain, dizziness, bleeding
2. Temporary subcutaneous hematoma which would normally resolve in one week.

### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.



# Acupuncture

Acupuncture uses the sensation of needling to stimulate the system of viscera-meridian-acupoints. The purpose of acupuncture is to prevent and cure diseases through regulating the internal body system to homeostasis.

### Treatment

Types of acupuncture include traditional, electronic, warming, etc. Needles inserting takes around 5 to 10 minutes and needles retaining takes 20-30 minutes.

### Reminder to patient

**Before treatment – Patients should not be too hungry or too full.**

#### **During treatment**

1. Patient should rest at a comfortable posture and be able to remain the posture throughout the treatment.
2. Painful sensation may generate on sensitive patients when thick needles are applied.
3. Patient should call for assistance if pain persists or feeling uncomfortable.
4. Patient should call for assistance if electric current applied is too strong and beyond tolerance when receiving electroacupuncture.
5. Patient should call for assistance if heat applied is too high when using special electro magnetic therapeutic apparatus.

#### **After treatment**

Some patients feel pain after treatment. For severe cases, Chinese Medicine practitioner may apply massage or moxibustion to relieve the pain.

### Pay attention to the following patient

1. Pregnancy
2. Patients with major organ failure
3. Patients with bleeding tendency and coagulation factor disorders
4. Patients cannot tolerate acupuncture
5. Patients with skin lesions
6. Patients with metal allergy
7. Patients with pacemakers should be seriously considered to receive electro-acupuncture

### Possible Effects

Pain, numbness, temporary subcutaneous hematoma, fatigue, temporary increase of symptoms, stuck needle, broken needle, fainting.

### Remarks

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### Moxibustion

Moxibustion uses the burning moxa to stimulate the system of viscera-meridian-acupoint in a warm and gentle nature. The purpose of moxibustion is to prevent and cure diseases through regulating the internal body system to homeostasis.

#### Treatment

Types of moxibustion include direct and indirect moxibustion, the treatment takes around 10-30 minutes.

#### Reminder to patient

1. Patient should rest at a comfortable and firm posture and be able to remain the posture throughout the treatment to prevent falling off of the burning moxa.
2. Patient should call for assistance if the moxa-burning site is too hot.
3. Patient should call for assistance if feeling uncomfortable for the smoke emitted during treatment.
4. Some patients would be required to do scarring moxibustion, it may cause blisters, suppuration and scarring reaching order to achieve the therapeutic effects.

#### Pay attention to the following patient

1. With caution in hairy areas
2. Be careful on children and frail patients
3. Patients who have wound healing problem
4. Patients who have allergic history to moxa
5. Patients who have severe asthma, dyspnea, or cannot tolerate moxibustion

#### Possible Effects

Allergy to moxa, blisters, slight burn.

#### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.



## Orthopedic Massage

Orthopedic massage is a form of traditional Chinese manipulative therapy acting on body surface. It nourishes meridians, lubricates joints and regulates functions of internal organs; prevention from and curing of diseases can be achieved.

### Treatment

Types of orthopedic massage include various manipulative therapies applied on patients' body surface, mobilizing limbs, or joint manipulation to restore body functions or relieve pain.

### Reminder to patient

#### Before treatment

Patients should not be too hungry or too full.

#### During treatment

1. Patient should rest and relax.
2. Patient should speak to CM Practitioner if force applied is too strong or pain getting worse.

### Pay attention to the following patient

1. Pregnancy
2. Patient with severe osteoporosis
3. Patient with malignant tumor
4. Patients who have spasm diseases, unconsciousness or cannot tolerate massage.

### Possible Effects

Temporary subcutaneous hematoma which would normally resolve in one week

### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.





# Cupping

Cupping involves exertion of negative pressure on skin and muscle by using vacuum cups, which might be emptied with fire or mechanical withdrawal. It aims to improve local circulation, thus regulating body to homeostasis, achieving prevention and curing of diseases.

### Treatment

Types of cupping include retaining, pushing and flashing cupping, etc. The procedure takes around 10 minutes.

### Reminder to patient

#### During Cupping

1. Patient should rest at a comfortable and firm posture and be able to remain the posture throughout the treatment to prevent falling off of the cups.
2. Patient should call for assistance if cups suction is loose or too tight.

#### After Cupping

There would be reddened or bruised at treatment sites, which would resolve in a few days.

### Pay attention to the following patient

1. Be careful on children and frail patients.
2. Application on abdomen of pregnant patients should be prohibited.
3. Patients with skin lesions or allergies.
4. Patients with bleeding tendency, coagulation factor disorders, or unable to cope with cupping

### Possible Effects

Fainting, mild burnt, blisters.

### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.



### Gua Sha

Gua Sha is one of the traditional therapies in Chinese Medicine. It is based on the meridian theory, in addition of the special skill, to improve the circulation and the internal condition; it helps to treat diseases and maintain health.

#### Treatment

Gua Sha uses a smooth round-edged instrument with the aid of lubricant to scrape on the treated area. After the treatment, there will be red spot come out from the skin which is called 'Sha', the treatment takes around 10 minutes.

#### Reminder to patient

1. Patients should call for assistance if pain getting worse during scraping.
2. Redness on skin surface will fadeaway within a week.

#### Pay attention to the following patient

1. Patients with skin lesions
2. Patients with bone fracture
3. Patients with malignant tumor
4. Patients with bleeding tendency and coagulation factor disorder

#### Possible Effects

Temporary subcutaneous hematoma which would normally fadeaway in one week

#### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.



## Thermal therapy

Thermal therapy is one of the traditional therapies in Chinese Medicine. Field Effect Instrument producing low-frequency alternating magnetic field and infrared radiation is employed, prevention from and curing of diseases.

### Treatment

The field and heat generating bands are put on target areas directly, it takes around 20-30 minutes. During the treatment, there is heat generated by the bands.

### Reminder to patient

1. Patient should call for assistance if heat applied is too high.
2. Patient should call for assistance if feeling uncomfortable, sweating, dizziness.

### Pay attention to the following patient

1. Patient with fever
2. Patient with bleeding tendency and coagulation factor disorder
3. Patient with tumor spreading
4. Patient with low sensitive to heat
5. Patient who have skin infection, ulceration etc. or unable to cope with treatment

### Possible Effects

Blisters and light burn

### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.



### TDP Treatment

TDP is a featured appliance in Chinese Medicine. By emitting a special band of electro-magnetic waves to the target parts of body, it warms the meridians to treat diseases by heating target parts of the body prevention from and curing of diseases.

#### Treatment

Heat generated by TDP (Special Electro Magnetic Therapeutic Apparatus) is focused to the target parts of the body according to the needs of patients, it takes around 30 minutes.

#### Reminder to patient

1. Patient should call for assistance if heat applied is too high.
2. Patient should not tune the direction of lamp and distance inbetween during treatment.
3. Patients should not put flammable articles like paper, clothes, etc. nearby the TDP.

#### Pay attention to the following patient

1. Patients with skin ulceration and leisions
2. Patients who have epilepsy, spasm or unable to cope with treatment.
3. Patient with fever

#### Possible Effects

1. The treatment parts would appear redness which fadeaway within 3 hours usually.
2. Blisters and light burn.

#### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.





# CM Skin Treatment

CM Skin treatment is a kind of therapy that treats skin diseases usually on face by means of traditional Chinese medicine methods or with aids of appliances.

### Treatment

It includes using herbal ultraviolet ion steamer, cool facial steamer, ultrasound penetration of Chinese medicines, pimples removal by dermal needles, high frequency electricity stimulation, hot wax treatment, Chinese medicine herbal mask and acupuncture to the affected area if needed.

### Reminder to patient

1. Treatment for different skin diseases or diseases at different stages could be varies; the captioned items for CM Skin Treatment might not be all applied to the same patient and at the same time.
2. Patients receiving pimples removal by dermal needles will feel certain pain, and reddishness skin might appear, normally, it will be disappeared in 12-24 hours. This treatment could only treats large pimples, the small one might get larger as time goes by, thus continued treatment is recommended.
3. Every single treatment might leads to certain extent of reddishness and itchiness; during the treatment, if you have any discomfort, please inform our CM practitioner or clinical assistant immediately.
4. When having ultrasound penetration of Chinese medicines, if you feel hot and burnt, please inform our CM practitioner or clinical assistant immediately.
5. Some chronic skin diseases might needs a relative longer treatment period; please consult our CM practitioner in charge before the treatment starts.

### Pay attention to the following patient

1. Herbal ultraviolet ion steamer: patients with facial discoloration, freckles or other pigmentation diseases; facial telangiectasia and skin sensitive to heat.
2. Cool facial steamer: skin sensitive to cold.
3. Ultrasound penetration of Chinese medicines: patients with allergy to herbal medicine used, bleeding tendency, stomach of pregnant women, serious cardiopulmonary diseases and those had exposed to x-ray, radioactive substances within 6 months.
4. High freq. stimulation: patients who have metal stuff near treatment area, cardiac pacemaker, acute suppurative inflammation, infectious skin diseases, tuberculosis and pregnant women.
5. Herbal mask: patients with allergy to the herbal medicine used and those with ulcerated skin.
6. Wax Treatment: skin sensitive to heat, wax or herbal medicine used.
7. Pimples removal by dermal needles or acupuncture: patients with serious sensitive skin, aversion to pain, bleeding tendency and coagulation factor disorder.

### Possible Effects

Skin would be sensitive, pain, bleeding, temporary subcutaneous hematoma, bruise or dizziness.

### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.



## Ultrasonic vaporizer treatment

Ultrasonic vaporizer is a featured appliance in Chinese Medicine. By using vapourized Chinese medicine spray on body area needed to induce local adsorption of Chinese medicine.

### Treatment

Chinese medicine practitioner would prescribe medicine with ultrasonic vapourizer to patients in need and decide the spraying site. The body area under treatment should have a cool and comfortable sensation. The treatment takes around 20-25 minutes.

### Reminder to patient

1. Patient should call for assistance if you find the spraying too much or the speed too high.
2. Patients should call for assistance if the medicine is running.
3. Medicine would be in brownish yellow color, it may leave stain on face and clothes so dark clothing is suggested.
4. Patients should call for assistance if you find irritation or burning sensation during treatment.

### Pay attention to the following patient

1. Conjunctivitis and ulcer
2. Eczema around eyes area
3. Wound around eyes area

### Possible Effects

Mild itching, mild pain or discomfort, irritation of tears.

### Remarks

If you have serious diseases, you should inform the CM practitioner in charge before receiving any CM treatment. And if you have any enquiry, you should ask the CM practitioner in charge before starting any CM treatment.



## Introduction of CM Treatments & Patients Notification

### Micro-needling

#### Introduction

Micro-needling refers to a kind of treatment using a derma-roller covered with fine needles. It aims to regulate body Qi-Blood circulation, rejuvenate meridian, and promote internal organs' health by stimulating specific areas of skin, or acupoints.

#### Procedures & Duration

The treatment only takes 5-10 minutes after disinfection procedure, and no need to retain the needles on the skin after the stimulation.

#### Points to note for patients

Before micro-needling

1. Patients are not hunger or overeat.

When micro-needling

1. Patients' body position should be kept suitable, comfortable and held still throughout the treatment to avoid injury.
2. When the microneedles are stimulating the skin, patients may experience slight pain or burning sensation.
3. During the treatment, if you felt dizziness, chest tightness, or difficulty in breath, you should notify the medical staff immediately.

After micro-needling

1. Symptoms such as redness, burning, mild swelling and pain may appear on the skin, which is normal and temporary.
2. Do not scratch the affected area.
3. If you feel unwell, you should notify the medical staff immediately.

#### Use with caution in the following patients

1. Kids, Pregnant women and the elderly and infirm.
2. Patients suffering from major diseases such as heart disease, malignant tumors, etc.
3. Patients with empty stomach, fatigue, mental overstress, drunkenness, fever, and panic.
4. Patients with diabetes, hemophilia, undergoing anti-bloodclotting medication and patients with bleeding tendency.
5. Patients who are allergic to metals.
6. Skin infections, erosion and ulcers.

#### Possible reactions

Pain, mild bleeding, itchiness, swelling, ecchymosis/points, dizziness and fatigue, etc.

#### Remarks

The patient must notify the CMP about his/her condition before any treatment receiving in order to minimize foreseeable risks. If in doubt, please consult your practitioner before deciding whether receive treatment or not.