

Information for our patients

Traditional Chinese medicine is a low-relief form of therapy. Nevertheless, it should be noted that there may be secondary phenomena.

Acupuncture

When used properly, acupuncture has almost no side effects. During the treatment, you sometimes experience a puncture pain when setting the needle. In rare cases, a needle pain persists for a short time after the treatment. After a treatment you often feel relaxed. There may also be a feeling of fatigue. This usually disappears several hours after therapy. Depending on the symptoms treated, an initial aggravation may also occur. This usually disappears 1-2 days after therapy. A reddening of the skin may occur in response to the needling. However, this happens in the course of a few hours. In case of prolonged reddening reaction and remaining pain at the injection site an infection must be thought. The main risk of needle acupuncture is the infection at the injection site. There is also a small risk that a blood vessel is injured with the acupuncture needle. For this reason, the use of anticoagulant drugs or the presence of a blood clotting disorder should be excluded from acupuncture.

A circulatory reaction (with sweating, dizziness, and low blood pressure) on the puncture, especially in sensitive persons, can usually be avoided by the patient during the treatment.

In pregnant women, there is a risk of contractions. In this case, needles over the abdomen and back should be avoided.

During the electroacupuncture, it is imperative to take into account pre-existing diseases of the heart.

Chinese medicine

If the prescription is correct, the drug is usually without side effects. At the beginning of the intake of Chinese medicines, side effects such as diarrhea, bloating, flatulence or low nausea can rarely occur. After a few days, the digestion regulates itself in most cases by itself. If there are nevertheless any side effects, inform the therapist.

If it is almost time for your next dose, skip the missed dose and resume your usual dosing schedule. Through the treatment, it may be possible that certain medications can be reduced or even completely discontinued over time. However, it is important that you consult your physician before changing your medication. Generally, at least 90 minutes should be between taking Western and Chinese medicines. There are many medicines that can be taken easily during pregnancy. There are also herbs that should not be taken during pregnancy.

Some drugs can be used very effectively for the treatment of nausea and other problems during pregnancy. Be sure to tell your therapist about a possible pregnancy.

Cupping or guasha therapy

In the application of cupping or guasha therapy, a partly pronounced local hematoma results. This is not an unwanted side-effect, but a targeted reaction to the therapy. The hematomas disappear in most cases after 3-5 days, but can last up to 10 days. In the first days, these hematomas may be easily painful.

Reimbursement

The treatments and methods by therapists are **not** compulsory benefits from the basic insurance of the health insurance companies, the Suva or the accident insurance. This is why the costs are borne by the patient, but are usually taken over by the supplementary insurance for complementary medicine. If the patient has completed supplementary insurance for complementary medicine, it should be clarified before the start of treatment with the insurance company whether and to what extent the treatments are taken over by the respective therapist. The transfer or reimbursement of the treatment costs is exclusively based on the insurance contract concluded by the patient. There are insurance companies which, despite supplementary insurance in complementary medicine, generally do not take care of the treatments.

Limits of Chinese Medicine

Chinese medicine can treat a wide range of diseases with its five methods (acupuncture, Chinese medicine therapy, Chinese nutrition, Tuina massage, Qi Gong). However, certain health disorders cannot be sufficiently or not effectively treated by Chinese medicine. Also, the therapist or the therapist for acupuncture and Chinese medicine cannot replace the diagnosis and medical diagnosis of a doctor.

Patient declaration

Inform your therapist if you have a blood clotting disorder, you are taking medicines to inhibit blood coagulation (cumarin derivatives, macumar, heparins), you are an artificial heart valve, you are a pacemaker, you are suffering from epilepsy (seizures) You are pregnant, or you have severe breathing or circulatory disturbances.

Choice of law:

For the legal relationship between the parties, and in particular for all claims related to examinations, treatments and any other services performed by Schelbert Urs, SWISS SUBSTANTIVE LAW, NAMELY THE SWISS CODE OF OBLIGATIONS, is applicable.

Place of jurisdiction:

THE SOLE PLACE OF JURISDICTION FOR ALL DISPUTES IN CONNECTION WITH THIS AGREEMENT IS Schwyz, SWITZERLAND. Schelbert Urs is entitled, at his/her own discretion, to place the matter before the ordinary courts at the patient's domicile.

I HAVE READ AND I UNDERSTAND THIS DOCUMENT. I have had the opportunity to ask questions of my Doctor, and all of my questions have been fully answered to my satisfaction.

I confirm with my signature that I have read the contents of this letter. I have been informed of possible side effects or risks. I have been informed that any liability of the treating therapist is legally permissible, and hereby declares that I agree to it.

Place, date

signature

