INSTRUCTIONS FOR PATIENTS RECEIVING SEMI-PERMANENT NEEDLES IN THE EAR (SAAT TREATMENT)

Small semi-permanent needles have been inserted in the skin of your ear for treatment purposes. This is part of a treatment through the specialized ear micro system of acupuncture and is not the same as other ear acupuncture done as part of a whole body treatment you may have received in prior appointments.

You are advised to do the following for best results:

- Avoid exposing the treated ear to water as much as possible – this includes showering, swimming, and sauna use. Use provided ear covers when showering.
- Needles could be left in the ear for **THREE WEEKS or FOUR WEEKS.**
- Normally, no pain is felt at the site of the needle unless the area is touched, you sleep on that side, or apply equipment in your ear such as headphones.
- As soon as you experience any continuous irritation, spontaneous pain, or unusual feeling at the site of the needle(s), or if the area appears red, remove the involved needle immediately as instructed. This may signal the beginning of an infection or allergic reaction to the needles/adhesive. Call me to schedule replacement of the needle. You do not want to risk infection!
- If possible, try to minimize eating the food items being treated and try to avoid unnecessary exposure to the substance being treated (mold, dust, etc.).
- Remove all jewelry before treatment.
- Needles must be removed if you need an MRI.
- **Do not clean your ear the day of your appointment. Needles and adhesive residue should be removed no less than 24 hours before your appointment. ____**initial here.

If we discussed you bringing in the substance you are allergic to (for example, if I do not have a filter for your allergen, but you are bringing in your pet hair/dander), please bring the substance in a clean, clear glass container with a removable lid so we can test you for this substance.

I hereby acknowledge receiving and understanding the above instructions. I understand that no guarantees have been stated or implied by the above practitioner with respect to the outcome of the above listed procedure.

Date: / /2026 _____

Date: / /202_ _____

Date: / /202_ _____

Date: / /202_ _____

Medical Disclaimer

The services provided by Old Growth Acupuncture LLC are complementary health services intended to support overall wellness. These services are not a substitute for medical care from a licensed physician. We are not medical doctors, and no diagnosis, treatment, or cure for medical conditions is being offered or implied.

A "Doctor of Acupuncture and Chinese Medicine" (DACM) is not equivalent to a Medical Doctor (MD). Our treatments are considered complementary and should be used alongside, not in place of, care provided by your healthcare provider. Old Growth Acupuncture LLC does not recommend ingestion, contact with, or reintroduction of any substance(s) known to cause allergic reactions. We do not make claims that SAAT or other treatments cure allergies, Alpha-gal syndrome, or any other medical condition, nor do we supervise or encourage reintroduction of allergenic foods. SAAT is considered an immune support therapy. To date, there is no recognized cure for Alpha-gal or other allergies according to conventional western medicine.

By receiving services, you acknowledge that you have been informed of the nature of the treatments, that no guarantees have been made regarding outcomes, and that you should always consult a licensed medical doctor or qualified healthcare provider for medical advice, diagnosis, or treatment.

I _____ have read and agree to these statements.

Signature_____

Date_____