



The London Hand and Wrist Unit

Correspondence
Wellington Place
London NW8 9LE

Tel 020 7483 5090
Fax 020 7586 6410
www.handunit.co.uk

New Faces in the London Hand and Wrist Unit

The London Hand and Wrist Unit has been through a staffing transition phase during the middle of 2010 but we are now well up and running with four full time hand therapists and a full time hand therapy unit manager. Alongside the therapists we have our fantastic administration team of Kylie, Agnes and Agata, who do an amazing job for both the consultants and the hand therapy team.

(www.londonhandandwristunit.co.uk/The_Team.asp)



Incorporating:

HCA

The Healthcare Company



The Wellington Hospital

A London Bridge Hospital

Diagnostic and Treatment Centre
31 Old Broad Street by Tower 42


THE LISTER HOSPITAL
chelsea



The Portland Hospital
for Women and Children

needles are usually left in for about 20 minutes. Electrical stimulation is for approximately 30 seconds at each point. It is important that you relax when the needles are in place, and concentrate on your breathing. The speed of improvement varies according to person rather than condition. Some people find significant improvement after their first visit, while others require up to four treatments to feel an effect.

Does it hurt?

The needles are solid and much finer than those used for injections or withdrawing blood. In most cases only a slight prick is felt when the needle goes through the skin. When the needle reaches the acupuncture point there may be another sensation often described as a dull ache, heaviness or tingling. The bonier acupuncture points tend to be more uncomfortable.

What about my doctor?

If you have been seeing your doctor, you may need to tell them you are having acupuncture treatment. If you have high blood pressure or a pace maker, diabetes, epilepsy, are pregnant, or haemophilic then acupuncture is not advised.

Possible complications:

- Drowsiness occurs in a small number of patients
- Minor bleeding or bruising occurs in about 3% of treatments
- Pain during treatment occurs in about 1% of treatments
- Symptoms can get worse after treatment in less than 3% of patients
- Fainting may occur in certain patients
- Please inform your therapist if you are a blood donor