



UNC
KIDNEY CENTER

Podcast Transcript:
Dr. Ron Falk & Dr. Wunian Chen
Healing Through Acupuncture
“Are there side effects from acupuncture?”

- Patient Are there side effects from acupuncture that patients should know about?
- Dr Chen For any licensed acupuncturist, they should not be worried. You may have some aches or bleeding, or some bruising—that is the most common adverse event. A licensed acupuncturist should be able to prevent that.
- Dr Falk How do you prevent infection transmitted from the needle from one person to another?
- Dr Chen This is possible, theoretically. But it rarely happens. We usually use 70% alcohol to swab the skin. The needle is one time use—it’s packed in a sterilized package right before use.
- Dr Falk So you never re-use the needle?
- Dr Chen Never. It’s illegal in this country.
- Dr Falk Who licenses acupuncturists?
- Dr Chen There’s a national board test for acupuncture, and most states have regulations for those licenses. North Carolina has a North Carolina license board for acupuncture.
- Dr Falk So if a patient wants to be sure, they could ask to see this license.
- Dr Chen Yes, they could ask to see the license or they could go to the board.