

Battlefield Acupuncture (BFA)

What is Battlefield Acupuncture?

Battlefield Acupuncture is an acupuncture protocol where needles are placed in the ear to reduce pain. The entire body is represented in the ear and placing small needles in the ear can affect the whole body.

Who should NOT use BFA?

Your provider will screen you to see if BFA is safe for you.

You should **NOT** use Battlefield Acupuncture:

- If you are (or think you might be) pregnant.
- If you are afraid of needles to the point of passing out.
- If you have a bleeding disorder, or take certain medicines.

What should you expect?

Your provider will place up to five sterile needles in the surface of the ear. You may have some mild pain or soreness where the needles are inserted. In between needle insertions you will be asked to walk or move and your response to treatment will be noted. The needles will stay in the ear for three days, then must be removed. Most patients have immediate pain relief which may last several days.

What you should do after getting Battlefield Acupuncture?

Relax for 24 hours with no heavy exercise, house work or yard work. No alcohol for 6 hours. You may return to normal activity after 24 hours. You may bathe or shower with the needles in place, but be careful not to pull the needles when cleaning or drying the ears. Take notes of how you feel, sleep, and your pain level.

After three days you will either return to your provider or remove the needles yourself at home. Some needles are attached to tape, while others may have a tape over the needle that you remove first. Grab the needle with your fingernails or with tweezers and rock the needle back and forth. Sometimes the site bleeds when you take the needle out, be ready with a cotton ball in case there is any blood.

All needles (ASP or Press Tack) must be properly disposed in an FDA-cleared sharps container or a heavy-duty plastic household container. Household containers should have the basic features of an FDA-cleared sharps disposal container. All sharps disposal containers should be:

- made of a puncture-resistant material;
- able to close with a tight-fitting, puncture resistant lid, without sharps being able to come out;
- upright and stable during use;
- leak-resistant;
- properly labeled; and
- disposed of according to community guidelines.

Possible side effects from BFA

Bleeding, bruising or fainting. Feelings of dizziness, nausea, euphoria drowsiness or lightheadedness.

Symptoms may get worse after your treatment, but this usually stops after 24-48 hours. Be alert for signs of infection: redness, swelling, warmth, increased pain at the needle site. See your provider if this occurs.



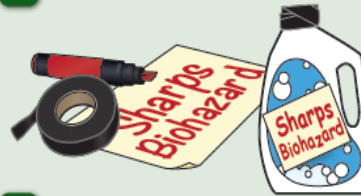
IF YOU CANNOT GET AN FDA-CLEARED SHARPS CONTAINER, FOLLOW THESE GUIDELINES:

Use an empty household container with these features:



Discarding a household container:

1 Close lid and tape shut. Label container.



2 Bring container to a sharps disposal program.

If you cannot find a disposal program, put container in center of full trash bag and discard in regular trash.*



DO NOT put sharps containers in RECYCLING!

* In some areas it is illegal to dispose of sharps in the trash. Please follow your community guidelines.

DO NOT USE

These containers can break or puncture easily.



Milk container



Water bottle



Glass container



Soda can

Symptom Tracker:

You may use this table to record any notes following your Battlefield Acupuncture Treatment:			
	Day 1	Day 2	Day 3
On a scale of 1-10 what level is your pain?			
On a scale of 1-10 how much has pain interfered with your usual activity?			
On a scale of 1-10 how much has pain interfered with your sleep?			
On a scale of 1-10 how much has pain interfered with your mood?			
On a scale of 1-10 how much has pain interfered with your stress?			



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