



About Acupuncture Services

Acupuncture Unit was officially set up in 1998 in Singapore General Hospital. It was initially part of the Department of Neurology, and it had widely attended to diseases related to the nervous system, internal medicine and surgery, Obstetrics & Gynaecology, and Ear, Nose and Throat (ENT).

Since 2005, Acupuncture Services became part of the Department of Anaesthesiology. It partnered the Pain physicians to offer a holistic care to patients with pain, eventually leading to the set up of the Pain Management Centre in 2007. Acupuncture Services continues to extend their services to patients with Neurological, Medical, Surgical and Gynaecological disorders, and many others.

Acupuncture Services has also been actively involved in conducting numerous clinical trials and research as part of its continued excellence.

Request for Services

Acupuncture Services is a referral only centre and consults strictly by appointment. You will need a referral letter from your primary physician in an inter-clinical department/inter-hospital/general practitioner/polyclinic.



Pain Management Centre (Acupuncture Services)

Singapore General Hospital
Outram Road
Block 5 Level 2
Singapore 169608
www.sgh.com.sg

Opening Hours:

Monday to Friday: 8am to 5pm
Weekends and Public Holidays are closed.

For appointment, please contact:

Tel : (65) 6321 4746

For enquiries, please contact:

Tel : (65) 6321 4746

Fax : (65) 6410 9045

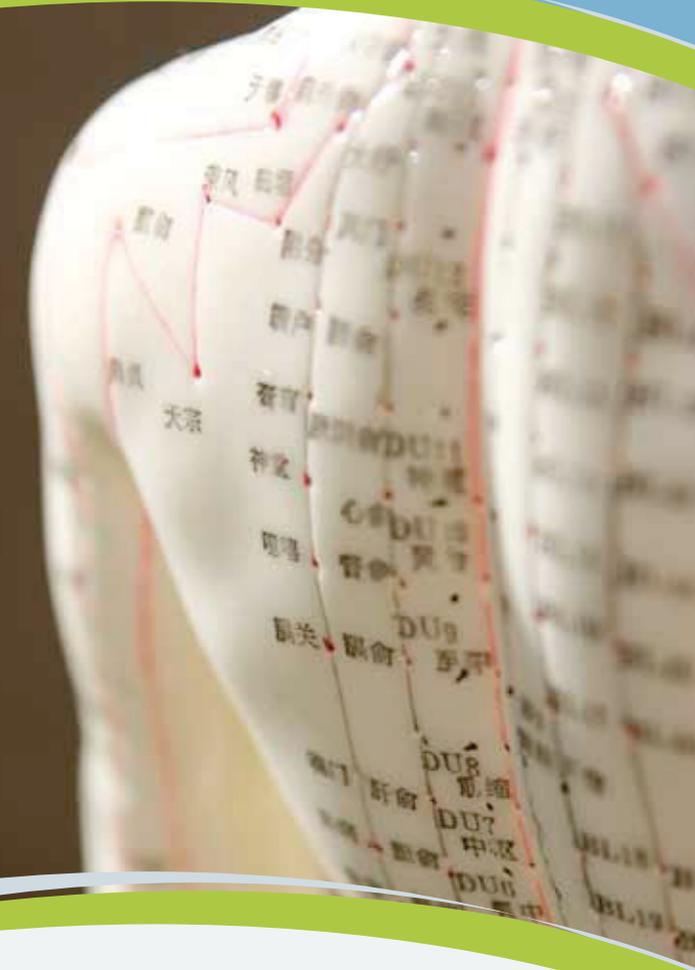
Reg. No: 198703907Z
Information correct as at March 2020.

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Department of Pain Medicine

Your Guide To

Acupuncture Services



Overview of Acupuncture

The literal translation for the Chinese character “zhen jiu” is acupuncture and moxibustion. Acupuncture and moxibustion are two of the most common modalities in Traditional Chinese Medicine (TCM).

Acupuncture involves inserting needles into various points on the body and manipulating them to promote the circulation of qi and blood, regulate the function of zang and fu organs and balance yin and yang, relieving pain or for other therapeutic purposes. Moxibustion is a technique that involves burning of mugwort (a small, spongy herb) which can be used indirectly with acupuncture needles or directly applying heat above the skin to facilitate healing. Moxibustion is substituted by infra-red heat lamp in Acupuncture Services.

The general theory of acupuncture is based on the premise that there are patterns of energy flow (“qi”) and blood (“xue”) through the body that are essential for health. Diseases are believed to happen due to the imbalance of the flow of qi and blood and the disorder of zang and fu organs.

Acupuncture involves the stimulation of specific points on the body by a variety of techniques. Such as:

- Acupuncture, or Electro-acupuncture
- Moxibustion
- Cupping
- Auricular Therapy

Acupuncture Today

Acupuncture has been the subject of active scientific research, both in regards to its basis and therapeutic effectiveness since the late 20th century. Evidence has shown a variety of medical conditions that may benefit from the use of acupuncture and moxibustion. These include:

- Respiratory diseases
- Gynaecological problems
- Gastrointestinal disorders
- Eye disorders
- Neurological disorders
- Orthopaedic disorders
- Ear, nose, throat and mouth diseases
- Cardiovascular illnesses, such as: hypertension, hypotension, stroke rehabilitation
- Other general illnesses, such as: insomnia, fatigue, stress, depression, anxiety

Many types of pain respond well to acupuncture as well such as:

- Back pain
- Neck pain
- Shoulder pain
- Facial pain
- Sciatica
- Arthritis
- Abdominal pain
- Pelvic and menstrual pain
- Nerve pain

Frequently Asked Questions

Q Are the needles sterile?

A Acupuncturist uses pre-sterilised, individually packed disposable needles, thus ensuring that there is no transmission of communicable diseases between patients.

Q Does acupuncture hurt?

A Different patients experience acupuncture differently. If the needle is causing discomfort, inform the Acupuncturist, she/he will make the necessary adjustment.

Q How can I benefit from acupuncture?

A Acupuncture has helped many people who have not responded to conventional medical or surgical treatment. The benefits may vary in different patients.

Q What should I do before the treatment?

A Before the treatment, you should:

- Maintain good personal hygiene to reduce the possibility of bacterial infection
- Avoid wearing jewellery
- Wear loose clothing. Women should avoid wearing a one piece dress and tight stockings
- Avoid treatment when feeling hungry, emotionally upset or excessively fatigued

Q What should I do during the treatment?

A During the treatment, you should:

- Relax and maintain a comfortable position
- Do not move or change your body position unnecessarily
- If you experience dizziness, nausea, cold sweat, shortness of breath, feel faint or any uncomfortable sensations during the treatment, inform your Acupuncturist and she/he will manage the response accordingly.

Q What is the duration of an acupuncture treatment?

A Each course may be 5 to 10 sessions and treatment frequency is tailored to each individual case. Each session may last about 25 minutes.

