

Acupuncture Relieves Gynecologic Surgery Pain

Acupuncture reduces post-operative pain following gynecologic and abdominal surgeries. A new study published in the journal *Obstetrics & Gynecology* concludes that, "Pain control after hospital discharge is suboptimal for many women after both vaginal and abdominal surgery." The researchers add that there is a need to improve post-operative at-home pain control measures, "Given increasingly rapid hospital discharge...." Acupuncture helps to improve recovery times and improves at-home pain control.

In *Anesthesiology*, *The Journal of the American Society of Anesthesiologists*, research concludes that, "Preoperative insertion of intradermal (acupuncture) needles reduces postoperative pain, the analgesic requirement, and opioid-related side effects after both upper and lower abdominal surgery. Acupuncture analgesia also reduces the activation of the sympathoadrenal system that normally accompanies surgery." In another study published in *Pain*, *The Journal of the International Association for the Study of Pain*, researchers conclude that, "Our findings demonstrate that preoperative treatment with low-EA (electroacupuncture) and high-EA (electroacupuncture) can reduce postoperative analgesic requirements and associated side effects in patients undergoing lower abdominal surgery." In yet another study published in the *BJA*, *British Journal of Anaesthesia*, researchers conclude that, "Perioperative acupuncture may be a useful adjunct for acute postoperative pain management." The researchers also note that acupuncture reduced opioid side-effects including nausea, dizziness, sedation, pruritus and urinary retention.

References:

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