



基督教聯合那打素社康 免費中醫戒煙耳穴貼試用計劃

UCN Chinese Medicine Ear Point patches for
Smoking Cessation Free Trial Programme

中醫耳穴戒煙療法利用王不留行籽貼敷於特定耳穴，以提供持續刺激。本療法安全且副作用少，不易引起耳軟骨膜炎，能有效發揮長時間刺激穴位的作用。患者可適時按壓貼敷處，以增強療效。

Chinese Medicine Ear Point Therapy for smoking cessation involves applying Cowherb seeds to specific ear points to provide continuous stimulation. This treatment is safe and has minimal side effects. It carries a very low risk of auricular perichondritis and ensures prolonged stimulation of the ear points. Patients can periodically apply pressure to the patches to enhance the therapeutic effect.

網上申請預約
Online Application



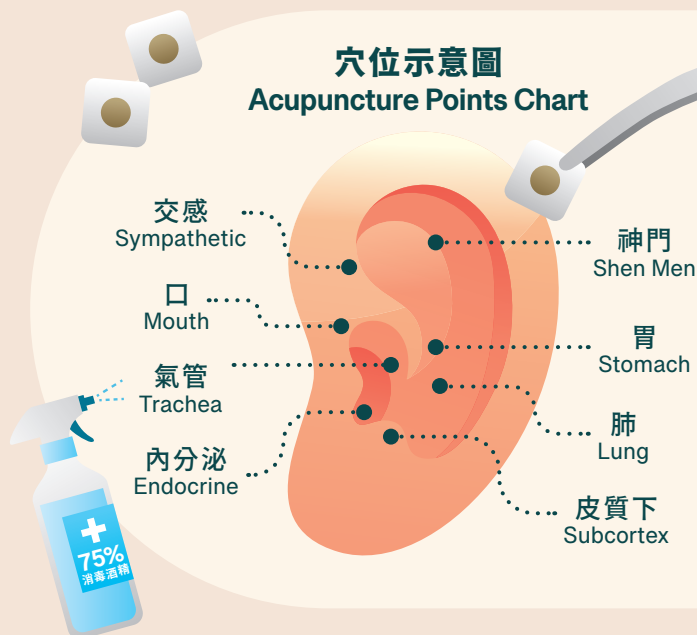
操作方法

Application Instructions

醫師會使用 75% 醫用酒精消毒耳穴及周圍皮膚，一手固定耳廓，另一手將耳穴貼精準貼敷於特定穴位，並輕壓確保牢固。

The Chinese Medicine Practitioners (CMPs) will disinfect the ear points and surrounding skin using 75% medical alcohol. They will hold the ear with one hand and carefully apply the patches to the specific ear points, pressing gently to ensure they adhere securely.

穴位示意圖 Acupuncture Points Chart



針灸及其他戒煙計劃

Smoking Cessation Programmes Using Acupuncture and Other Methods

有意戒煙者可隨時參加基督教聯合那打素社康免費中醫針灸戒煙計劃，其戒煙成功率與尼古丁替代療法相若。

Individuals looking to quit smoking can join the free UCN Chinese Medicine Acupuncture Smoking Cessation Programme at any time. This programme has a success rate comparable to nicotine replacement therapy.

此外，您亦可致電戒煙熱線 **1833 183** 查詢戒煙資訊。該熱線由註冊護士提供以下支援：

You can also call the Quitline at **1833 183** for smoking cessation support. Registered nurses provide:

- 戒煙輔導，協助您順利戒煙
Counselling to help you quit smoking
- 戒煙藥物資訊，了解不同戒煙方案
Information on smoking cessation medications
- 處理戒斷症狀的技巧，減少不適
Tips on managing withdrawal symptoms
- 預約其他免費戒煙服務
Appointments for other free smoking cessation services



中醫戒煙耳穴貼使用說明

Chinese Medicine Ear Points Patches Instructions for Use

1

按壓耳穴 Applying Pressure



- 每 1-2 小時按壓每個耳穴 3 分鐘。
Press each ear point for 3 minutes every 1-2 hours.
- 耳穴貼試用服務最長可達兩週。
The trial service lasts up to 2 weeks for each patient.
- 若有煙癮發作，請用適當力度按壓耳穴，直到煙癮減退。
If cravings arise, apply firm but tolerable pressure until the craving subsides.
- 可記錄每天按壓的次數，以追蹤效果。
You may record the number of times you press daily for tracking purposes.

2

更換耳穴貼 Patch Replacement



- 建議每 2 天更換一次耳穴貼。
Change the patches every 2 days.
- 若因洗澡或洗頭導致耳穴貼脫落，可補貼新的耳穴貼，或待更換其他耳穴貼時重新貼上。
If patches fall off due to showering or hair washing, replace them or wait until the next treatment to change the whole batch.

3

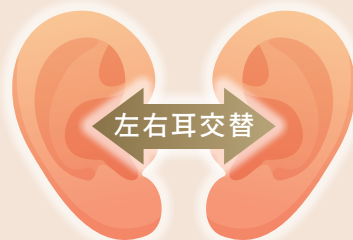
正確按壓方式 Proper Technique

- 用拇指與食指夾住耳穴貼進行按壓。
Use your thumb and index finger to apply pressure.
- 以一壓一放方式垂直按壓。避免左右推壓，以免皮膚損傷或感染。
Press and release vertically, avoid rubbing or moving the patch sideways to prevent skin damage or infection.

4

交替使用雙耳 Ear Alternation

- 建議左右耳交替貼敷
(如：第一次貼在左耳，下一次貼在右耳)。
It is recommended to apply patches alternately on left and right ears (e.g., first treatment on the left ear, next on the right ear).



5

診所支援 Patch Replacement



- 若不確定如何自行更換貼片，可到基督教聯合那打素社康中醫戒煙診所尋求醫師幫助。
If you are unsure about changing the patches yourself, visit one of the UCN Chinese Medicine Smoking Cessation Clinics for CMP's assistance.

6

補領貼片 Additional Patches

- 若兩星期內用完穴貼，可回診所領取額外1片耳穴貼。
If you run out of patches within 2 weeks, visit the clinic to obtain a piece of ear patches.

7

覆診前準備 Before Follow-up Consultation

- 若需回中醫診所更換耳穴貼，請提前 2-3 小時自行取下全部耳穴貼，並清潔耳部皮膚。
If visiting the clinic for a patch change, remove all patches and clean your ear 2-3 hours before your appointment.



8

如有不適，請立即停止使用 When to Stop Using Patches



- 若出現皮膚不適或過敏反應，請取下所有耳穴貼，並聯絡基督教聯合那打素社康中醫針灸戒煙計劃熱線 2152 0183 或 WhatsApp 5608 2183 查詢。
If you experience skin discomfort or irritation, remove all patches and contact the UCN Chinese Medicine Smoking Cessation Service at 2152 0183 or WhatsApp 5608 2183.

9

注意事項 Precautions

以下人士請勿使用耳穴貼，並請諮詢戒煙診所：
The following people do not use ear patches and should consult the UCN Chinese Medicine Smoking Cessation Clinic for alternative options.

- 孕婦
Pregnant
- 出血性疾病患者
Have bleeding disorders
- 服用抗凝血藥物 (如華法林) 者
Taking anticoagulant medication (e.g., warfarin)



如有任何疑問，請致電基督教聯合那打素社康中醫針灸戒煙計劃熱線 2152 0183 或 WhatsApp 5608 2183 查詢。

For further inquiries, please reach out to our Chinese Medicine Smoking Cessation Service at 2152 0183 or WhatsApp 5608 2183.