

HIJAMA BEFORE AND AFTER CARE

Before Hijama:

Fast at least 2-3 hours before your treatment “Cupping on an empty stomach is best. In it is a cure and blessing.” (Sahih Sunan Ibn Maajah 3487)

Perform Ghusl (ritual bath) or shower before the treatment.

Drink plenty of water.

Wear comfortable loose, dark clothing.

Let your therapist know of any medication you are taking.

Fill out a full health form and be honest.

POSSIBLE SIDE-EFFECTS

Marks where the cups have been

Discoloration of the skin (temporary)

Rarely but it may be possible to have blisters at the points of incisions.

Dizziness or light-headedness.

There may be pain or itching at the incision points (temporary)

Possible bruising at the cupping points

Some people may scar –people with wound healing disorders are unsuitable for hijama (propensity for keloid or hypertrophic scars).

Hijama may start a therapeutic cascade effect, you may experience some detox symptoms. These may include a headache, body ache, flu like symptoms, more frequent bowel movements. These are temporary and a reaction to the body releasing cellular waste.

AFTER HIJAMA:

Apply olive oil or Saint John’s Wort oil or Nigella black seed oil to the cupping points. Hijama marks heals in 2 – 3 days to a week sometimes it can take up to 2 weeks.

Eat some dates or drink some honey with water to bring your energy levels back up.

Rest over the next 24 hours and avoid any strenuous exercises or stressful situations.

Avoid sex for 24 hours after hijama session.

Drink lots of water to help detox your body.

Avoid eating meat and dairy for 24hours and eat healthy light food.

Use oil around the places where you have been cupped with olive or black seed oil as often as possible, this will also help with the healing process and sooth any itchiness or irritation you may experience.

Take a warm shower but avoid using any soaps and shower gel on the area/s that have been cupped.