Hijama House of Cleveland — Care Instructions

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PRE-TREATMENT CARE INSTRUCTIONS

- DO NOT stop or reduce medication without their Doctors permission.
- Do not to eat 2-3 hours before the appointment time. For best results come on an empty stomach.
- If you are taking medication which needs to be taken with or after food, please wait and take your medication immediately after the Hijama session with food to avoid any negative after effects such as low blood pressure or low blood sugar such as:
  - Dizziness or lightheadedness
  - Fainting (syncope)
  - Blurred vision
  - Nausea
  - Fatigue
  - Lack of concentration
  - Shock

Please do the following before your Hijama session:

- Perform ritual bathing and ablution before the session as is Sunnah.
- Make intention and pray for healing and cleansing on a physical and metaphysical level.
- Bring two large towels.
- Bring water and a snack.
- Inform us of any known metaphysical issues.
- Inform us of anemia, diabetes, blood pressure issues and seizures beforehand.

Possible rare reactions to be aware of are:

- Dizziness or lightheadedness-Can be due to low blood pressure, low blood sugar, anemia or metaphysical issues
- Nausea or vomiting
- Shaking or seizures
- Blackout or fainting
- Plasma and blisters
- Weakness or tiredness
- Skin colouration on Hijama cupping sites

POSSIBLE AFTER EFFECTS

- Healing Crisis and detox
- Increased hunger
- Increased energy
- Increased sleepiness or tiredness.
- Increased bowel movements or urination.
- Better metabolism.
- Better sleep quality
- Better mood and relaxation
- Pain relief and increased mobility
- General improvement in well being
- Increase or changes in any metaphysical activity
- Skin colouration on Hijama cupping points-may last for 2-10 days.

POST-TREATMENT CARE INSTRUCTIONS

- Drink plain or honey water after Hijama
- Apply olive oil to the sites for healing twice a day for 7 days.
- Eat dates or fruit immediately after a Hijama treatment.
- You may be extra hungry over the next few days. Eat a balanced and healthy diet.
- Do not eat red meat for 24 hours.
- Do not eat dairy food for 24 hours.
- Skin colouration and incisions will heal in 2-10 days.
- You can have a quick shower rinse. But do not use soap, shampoo or chemicals.
- Do NOT soak in a bath tub or go swimming for 24 hours after Wet Cupping.
- You MUST rest after a session. Do NOT physically over exert yourself, do exercise, chores etc at all. You can sleep if you need to after Hijama.
- Do NOT engage in marital relations for 24 hours after any type of cupping.
- Do regular, moderate light exercise after 24 hours and make this a regular routine.
- Try to relax, pray, and think positive thoughts. Keep a daily journal and make notes of your progress.

Over the next few days, you may notice changes in your;

- Bowel and Urinary habits
- Sleep Patterns
- Mood swings/emotional levels
- Appetite
- Vision

You may experience;

- Skin breakouts
- Tiredness and feeling drained or low on energy
- General weakness
- Excessive flatulence
- Excessive release of bodily fluids such as, phlegm, mucus, sweat, urine, spots of pimples, pus, tears (crying).
- More energy

These are nothing to be concerned about. This process is called a “Healing Crisis” and means that your body has reacted to the Hijama and is now detoxifying itself. It is simply your body getting used to the massive shifts in energy after treatments. Your body will now be dealing with and adjusting to huge changes in your physical, mental, emotional and spiritual state. Your body has just been kick-started into a different zone and forced to get out of its usual state of pain/sickness/discomfort. You will feel better after a few sessions and your body will become more balanced.