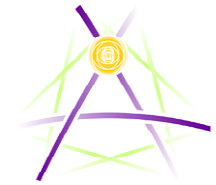


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What to expect after receiving Cupping or Gua Sha

Cupping and Gua Sha can be immediately relieving to your pain and discomfort and I am glad that you are feeling better! To assist you in making sure you have the best experience possible, please follow these directions for aftercare.

Cupping can cause some swelling and bruising on the skin. As the skin is pulled into the cup, the blood vessels at the surface of the skin expand which may result in small, circular bruises on the areas where the cups were applied. These bruises are usually painless, however, and disappear within a few days of treatment.

After your cupping or Gua Sha session, please pay attention to the following:

- Even if you are aware of the color and marks on the skin and are happy to have them because it removed so much of your pain, remember that your family and friends may not feel the same way. Explain the procedure to them and let them know you are not in pain or damaged.
- Most of the discoloration will fade in 2-3 days. If sooner it means your circulation is good. If some areas take longer to clear it may indicate a lack of circulation to that area of the body.
- Avoid exposure to the sun and wind for a minimum of 24 hours and optimally until the discoloration is faded. It is best to keep the area covered.
- Occasionally the skin will feel tender with an increased feeling of warmth and range of motion.
- If you received cupping or Gua Sha for muscular pain, take it easy even if you feel a lot better. This area may still be weak and unstable, take it slowly.
- Keep track of how you feel in the next few days. Does your pain return in 4 days, 2 days or not at all? Is it as intense as before? If it is episodic, are the episodes as frequent? Are you able to do more before tiring? Are you doing too much too soon?
- Avoid cold and sour foods and fluids; this can cause constriction which can make the pain worse. Sour is the flavor of the Liver, which owns the nerves. Sour flavors stimulate the Liver so you may feel more pain as well as become more jumpy.

If you have any questions or problems, please don't hesitate to contact me.