



Cupping Pre and Post Care Instructions

Pre-Instructions:

- You should not be pregnant, nursing an infant, have a history of a bleeding disorder, autoimmune disease or infection of the area to be treated.
- The morning of your treatment, you may take tylenol if you are able to tolerate this medication.
- Please avoid alcohol and drugs 48 hours before your treatment.
- Avoid blood thinners (plavix, coumadin, aspirin, motrin, aleve, or celebrex) for 48 hours before your treatment.
- Avoid applying lotion to the area being treated the day off your treatment.
- Arnica and Bromelain are recommended supplements to take a few days before and for up to one week after each treatment to help with bruising. Topical Arnica or Alastin may be applied for up to one week also. These will be offered for purchase at the time of your treatment.

Post Care Instructions:

- Ice packs may be used in the treated area during the first 12 hours.
- You may take tylenol 500mg up to four times daily beginning the day of your treatment and for the following four days
- Avoid exercise for 24 hours.
- Avoid alcohol, plavix, coumadin, aspirin, motrin, aleve, or celebrex for 24 hours after your treatment to reduce bruising.
- Arnica, Bromelain, and Alastin may reduce bruising and are available for purchase.
- Notify the office if you develop any significant swelling, bleeding, pain, rashes, or fever.
- Bruising is expected and may last 7- 10 days. On occasion, the skin may remain discolored in the treatment areas.
- Results are not guaranteed and are non refundable.

First Treatment: _____

Third Treatment: _____

Second Treatment: _____

Follow up Photos: _____