

BIRKDALE ACUPUNCTURE

C U P P I N G * A C U P U N C T U R E * M A S S A G E

Clinics: Liverpool & Southport

PRE-TREATMENT NOTES - CUPPING

Whilst Cupping therapy has no major side effects, and is a traditional technique that has been used for many centuries, there may be some minor side effects that you should know about and understand.

Before one decides to undergo Cupping therapy, one should understand and accept the possibility that there may be marks that will last for a few days. Including; the production of circular discolorations where the cups were applied, which are, in effect, large 'hickies'.

There may be minimal discomfort due to the method of application to the patient. Other possible minor side effects are slight light-headedness post cupping therapy; as cupping therapy encourages blood flow to the cupped region (hyperaemia); one may therefore also feel warmer and hotter as a result of vasodilatation (widening of blood vessels) taking place and slight sweating may occur.

These effects are temporary and will clear. There is a sound scientific rationale for this and there is no cause for concern.

POST-TREATMENT – CUPPING

Cupping is also diagnostic and after removal of cups the skin may discolour ranging from pale, pink, red to purple. The darker the discolouration signifies more "blood stagnation", the lighter colour will disappear from the skin in a few hours to a day, darker colours could last from a couple of days to a week, with a gradual fading in between.

After treatment drink plenty of fluids, have a light meal, keep cupped areas covered up away from wind/draughts (especially the neck). No strenuous exercise or hot baths afterwards either.

Each cupping session will clear more blood stagnation and pain until there are barely any discolouration marks.

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