



Basic Cupping Instructions

1. Before performing the cupping procedure with a suction cup, make sure the inside of the cup is clean and the assembly is intact (valve and seal are firmly fastened to cup).
2. Select an appropriate size or type of cup. (Smaller cups are for smaller body areas).
3. Spread an appropriate amount of oil, lotion or skin cream onto the target area.
4. Connect the connectors, cup and pump gun, and place the cup on the appropriate part of the body.
 - a. Draw the gun handle to withdraw air from the cup.
 - b. Remove connector to leave cup attached, with the cream/oil acting as a lubricant. This allows for cupping of larger areas, or to adjust the placement of the cup for optimal cupping. When moving a cup, grip the cup low on the bowl and use the fingers of the non-pulling hand to gently hold the skin taut behind the cup as it moves.
5. The cups can be used individually or in combination according to your preference.
6. After the desired elapsed time, simply release the pressure in the cup by pulling up on the cup's valve to release vacuum. Always use this method to release the cup gently (rather than wrenching it away suddenly) to prevent skin damage.
7. It is normal for a stain, hickey or darkening to appear on the skin where cups are applied. This will dissipate in a few days.
8. Use for no more than 3-5 minutes at a time and give the area a rest of at least 1-2 days.
9. Consider using 2-3 cups at a time as you gain more comfort with the technique, and anticipate not leaving them on as long as you'd do with a single cup.

Contraindications:

- ★ Do not use cupping on individuals equipped with a cardiac pacemaker
- ★ Do not apply cupping to subjects who are tired or hungry
- ★ Do not apply cupping on swollen, bruised or ulcerated skin
- ★ Do not apply to individuals with hemophilia, thrombocytopenia or other diseases which may cause bleeding
- ★ Do not apply to individuals with active allergic skin reactions

Cautions:

- ★ If the subject experiences dizziness or fainting during cupping, stop application immediately, give subject fluids and rest.
- ★ Limit application to 5 minutes.
- ★ For those with tender skin, lessen the cupping time to avoid blistering the skin
- ★ Discoloration of the skin after cupping is normal. It will disappear after a few days or a week.