

# CUPPING INSTRUCTIONS

## Precautions

- Keep the body or treatment surface straight for proper operation. Using too many cups or lengthy exposure is not recommended.
- Frail people should limit operation to 20 seconds. Pregnant women who have passed the first trimester should refrain from using cupping on the lower abdomen. Do not use strong suction when treating patients with a weak constitution. People with bleeding disease should not use cupping.
- Do not apply heavy pressure or any shock to the cups.
- Discontinue use if symptoms become worse or discomfort and pain are experienced.

## Treatment

1. Apply a thin layer of lubricant around the mouth of the cup and the area of treatment. Vaseline, balm, vegetable oil, or water may be used as lubricant.
2. To release pressure, gently lift valve stem on cup.
3. Take time to become accustomed to cupping stimulation. For initial applications, use low pressure and limit the number of cups from 5 to 6.
4. Fatigue is a normal sign during operation. However, if fatigue becomes too severe, allow a period of rest and begin treatment again at a later time with decreased pressure.
5. After continued operation, a healthy skin response (redness which returns to normal skin color shortly after the cups are removed) replaces pigment response (red skin color which remains for a prolonged period). In such cases, you may continue to use cupping. People with anemia may not show pigment response even though they may be suffering from an illness. However, continued treatment will yield very visible pigment response. Do not increase suction power just for the sake of yielding a better pigment response.
6. Consult your practitioner for advice before using this product. Do not use cupping for more than 5 to 15 minutes at a time for initial treatments unless otherwise instructed.

## Cleaning

**General Cleaning or Personal Use (all cup types)** – Wash in hot, soapy water.

**Low Level Disinfection (all cup types)** - Low level disinfectants include 3% hydrogen peroxide, 0.5% enhanced action formulation hydrogen peroxide, some quaternary ammonium compounds (QUATS), phenolics and diluted sodium hypochlorite (e.g., bleach) solutions. Reusable objects such as tools and cupping supplies should be disinfected by immersion in a 3% solution of Hydrogen Peroxide for 30 minutes. Alternatively, a 1:50 dilution of 5.25%–6.15% sodium hypochlorite (household bleach) for 5 minutes would be effective.

*3% solution: mix 1 part 35% food grade hydrogen peroxide with 11 parts distilled water. Ratio is 1 to 11. 1 Gal of distilled water and 1.5 cups 35% hydrogen peroxide or 4 L of water and 400 ml of 35% hydrogen peroxide*

**High Level Disinfection (all cup types)** - Among the products recommended for High Level Disinfection of reusable objects are Glutaraldehyde, and hydrogen peroxide. Reusable objects such as tools and cupping supplies should be disinfected by immersion in a Glutaraldehyde solution of 2.0% for a minimum of 20 minutes or in a Hydrogen Peroxide solution of 6% to 7.5% for a minimum of 30 minutes.

**Boiling Disinfection** - Boiling cups can be an effective method of disinfection however some cups are NOT heat resistant and may become damaged. Please use caution and/or confirm your cups are heat resistant before boiling. **Longevity Plastic Cup Sets** and Longevity replacement cups are shock and heat resistant, and may be sterilized in boiling water.

*\* If you are looking for an easy-to-use High-Level Disinfectant, we recommend Sporox II and PREempt.*

*\*\* Alcohols are not recommended for disinfecting or sterilizing plastic materials principally because they lack sporicidal action. Additionally, the use of Alcohols will break down the compounds of your cups over time and cause them to dry out and crack.*

### Disclaimer:

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