



Before & after care:

- Shiffa (healing) is from Allah Subhana wa ta'ala alone.
- Cupping (Hijama) is the best remedy recommended and used by the Messenger ﷺ .
- Patients' needs to fast for at least 3 hours prior to their scheduled appointment.
- Patients are required to complete and sign a short consent form and provide their medical history.
- It is highly recommended that patients take a shower and are in a state of wudoo (ablution).
- Patients should wear comfortable clothes.
- Hijama is usually performed on the back, only in some cases hijama might be performed in other parts of the body if it's necessary.
- The tiny cuts can feel itchy after hijama. It is recommended to apply olive oil or black seed oil to help with the healing process.
- Hijama tends to make patients feel very relaxed and sleepy. It is important to stay active for at least 2 hours after hijama.



- Do not scratch or itch where the hijama was performed. We do not recommend the use of ointments or antiseptic creams. If you have very dry skin and scar easily, please use vitamin E oil or coconut oil after the scabs have appeared on the hijama areas to help with the healing process.
- Patients should avoid any physical relationship with their spouse for at least 24 hours after the hijama.
- Patients should avoid workout for at least 24 hours after hijama.
- Digesting dairy products places a heavy burden on our body's detoxification system, so avoid consuming milk, cheese or other dairy products after hijama
- Patients can eat after hijama. They should drink plenty of fluids, eat raw fruits and vegetables, and avoid processed and packaged foods.
- The round red marks on the patient's back is from the vacuum suction of the hijama cups. These round marks usually disappear within 24 to 48 hours depending on the healing process.
- Patients should avoid having a shower or bath for 24 hours after hijama.