

- G. Sterilisation by antiseptic liquid and application of a dressing to the cupped areas ends this procedure. Honey is preferred for its antiseptic and healing properties.
- H. The process after scarification lasts for 15 - 20 minutes
- I. The patient should remain in their position after Wet Cupping for 5-10min before standing up. The patient is advised is stand up gradually.
- J. If any dizziness occurs the patient should remain supine with legs raised comfortably until he/she feel stable enough to stand up. An electrolyte drink can be offered to the patient.
- K. Light meals can be eaten but avoid any heavy meal for 2hrs after the procedure.
- L. Fluid intake is important to stay hydrated and electrolyte drink can help to counter lethargy, if experienced.

1.6 MECHANISM OF ACTION



FIGURES 7A, B, C: Disposable sterile equipment for performing Cupping. Disposable variable-sized plastic cups and a manual hand-help pump creates 'skin doming' (uplifting) effect.