



*As-salaamu 'alaikum! Congratulations on booking your appointment! In order to make it the best experience for you, we have prepared this **QuickPrep and AfterCare Guide** for everything you need to know for your appointment and after it.*

HijamahWorks QuickPrep & AfterCare

Appointment Preparation – Before Your Appointment

- Print and bring this QuickPrep and AfterCare Guide
- Bring Water and a small Snack
- Print out Directions
- Bring Cash or your Credit Card
- Print and Fill out your Intake Form
- Wear loose, comfortable clothing
- Tell your friends and family that you are going for hijamah
- Set your intention with Allah for healing, re-balancing and becoming a better 'abd.
- Pray nawafil prayers and seek out Allah's bounties, shiffa (healing) and forgiveness
- Think about how hijamah will help you towards your goals
- Eat a meal but not within 2 hours of your appointment
- Do Ghusl on the day of your appointment and have Wudu when you arrive
- For 2-3 days prior, hydrate well and eat well. Avoid processed foods and caffeinated or sugary beverages
- Remove or trim any excess hair on the upper back, lower back and neck
- Consult your healthcare professional regarding any alternative therapies
- Abstain from working out and marital relations for 24 hours before your appointment
- If you have a history of vasovagal response (fainting) then bring a friend with you

After Care – For 48 hours After your Appointment

- Start each day with at least 500ml of water and drink it continually throughout the day
- For the next 2-3 days, hydrate well and eat well. Avoid processed foods and caffeinated or sugary beverages.
- Rest physically, mentally and emotionally: Do not exercise, workout or play a sport. Abstain from marital relations, avoid stimulating environments, or stressful topics.
- Engage in meditation, extra worship, prayer and Quran recitation.
- Set and enact on new goals that were discussed.
- Take a quick lukewarm shower if necessary. Avoid a hot shower and shaving.
- Mend broken relationships; reach out to old friends
- Call upon Allah by His beautiful names and attributes
- You may apply Polysporin or Black Seed (Kalonji) Oil to the area of cupping
- If you are prone to scarring then take a Vitamin E supplement and apply it topically to the area of cupping (continue this each day until the marks are completely gone)
- Schedule any tests that were suggested by your practitioner
- Purchase any supplements that were suggested by your practitioner
- Write a review and provide feedback on your session
- Tell loved ones about it and how it went
- Monitor yourself for low energy. This may happen for 2-3 days following a treatment as the body corrects itself. This is known as a 'healing crisis' and is similar to the 'detox headaches' and nauseous feeling you may experience at the start of Ramadan.

May Allah azza wajjal make the appointment beneficial for you! Please leave a Facebook review or talk to use directly at alif2yaa@gmail.com