

## Cupping and Gua Sha Consent Form

I hereby authorize Nico Bishop L.A.c to furnish Cupping and Gua Sha Therapy.

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### Cupping and Gua Sha Therapy

It has been explained to me, and I understand that cupping and/or gua sha (skin scraping) therapy may leave bruise-like marks that will last several days to several weeks depending on the severity of my condition. While most marks fade and disappear after a few days, there are times when marks could take up to 15 days to clear and in rare cases, it has been reported that marks have taken up to 21 days to fully clear. These areas of bruising or discoloration are typically not painful, but can on occasion have soreness, itching and there may be soreness in the surrounding muscles. Very rarely, infections may occur.

**Cupping therapy** is a medical treatment, not a novelty and should be treated accordingly. Your acupuncturist will determine which areas are most appropriate for cupping, which type of cupping methods should be used and where how many cups should be applied, the length of time the cups should remain on and which cupping techniques (stationary, moving, etc.) to employ.

**Fire cupping** - On rare occasions blisters may occur, either from the heat or from fluids being drawn to the surface by the cups and on occasion, however unlikely, a patient may experience a burn from the heated cups or heating implement. Small blisters should be left alone to heal on their own, while larger blisters should be drained and dressed by the acupuncturist.

**Cupping and GuaSha** are not procedures suitable for everybody. I understand these treatments can be “detoxifying” and that, as a result, I may feel nauseous or unwell following treatment. Drinking warm water and taking Vitamin C has been reported to relieve these symptoms quickly. In some cases headaches and minor body aches may be experienced.

Contraindications may include, but are not restricted to, the following people:

- have had surgery in the last six weeks.
- with medical conditions affecting the skin or veins.
- have an infection, tumor, or wound that is yet to be completely healed.
- bleed easily.
- have an implant.
- with deep vein thrombosis.
- who take medication to thin their blood and those who have blood clotting disorders.
- who are unable to experience heat and pain properly, such as Diabetics.
- abdomen on pregnant woman

Those who are unsure if their condition is contraindicated should seek guidance from their primary care physician prior to receiving cupping therapy.

I \_\_\_\_\_, understand that bruising, discoloration, blister formation and/or soreness will likely occur following this treatment and may take days or weeks to fully resolve. I further understand that the above-listed conditions are contraindicated for cupping and gua sha therapy and I have informed my acupuncturist of any and all medical conditions, even those not listed as contraindications. I further understand that there is a potential for burns and/or blisters due to the fire/heat aspect of the treatment. This is a rare but not unexpected occurrence.

\_\_\_\_\_  
Patient/Guardian

\_\_\_\_\_  
Date