



**Long Beach Community Acupuncture**  
*Sliding scale \$20-\$50 | pay what you can afford.*

### **LBCA Informed Consent for Cupping**

In acupuncture and Chinese medicine, we conceptualize physical pain as a blockage of energy and blood circulation to a specific area. Cupping is a highly effective, ancient therapy that has been used by many cultures to treat pain and other ailments. Attaching a glass or plastic cup to the surface of the skin exerts negative pressure, pulling up on the skin, instead of pushing down. It helps the body eliminate toxins and reduce muscle spasms caused by a buildup of cell waste. The surface congestion caused by cupping allows the body to rid itself of toxins via the capillary and lymphatic system, making room for fresh blood to infuse the affected area.

The procedure can be uncomfortable, especially in the first 60 seconds, when most of the toxins are removed, and it may leave marks that look like bruises. These will gradually fade. As the body clears stagnation, the cups should color less and less. It is important to eat well before this therapy and drink lots of water afterward, as it can be intense and leave one drained. In rare cases, it may make the affected area feel worse before it feels better.

Aftercare is extremely important. We strongly recommend keeping the cupped area covered and protected from wind and water for **48 hours** afterward. Not protecting the area can undo the benefits of cupping and allow for exterior invasions to penetrate the area and cause complications. Most of the time, three rounds of cupping will markedly improve a condition and cups should not color at all, signaling that the body is processing toxins more easily and blood circulation has normalized.

As with any therapy, there is no guarantee of success and it is impossible to predict all outcomes and reactions. I understand the potential risks and benefits of this therapy and voluntarily consent.

- Today I am receiving cupping therapy.
- Today I am receiving acupuncture.

**Print name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_