

HIJAMA INSTRUCTIONS

1. 3 hours fasting is recommended before the procedure.
2. You can eat and drink after 30 minutes of Hijama.
3. Please avoid taking a shower for a few hours and avoid strenuous activity which makes you sweat.
4. You may experience some burning, itching and minor oozing of blood 2 to 3 days after Hijama, its natural, you don't need to worry unless it doesn't stop bleeding. Do not rub towel on the wound.
5. Honey/blackseed oil/coconut oil/olive oil may be applied on the Hijama wound to encourage healing of the skin 12 hourly.
6. Do not scratch or rub the wound .
7. It is better to offer two rakhat Nawafil Shukraana prayers after Hijama Therapy and give some charity (Sadqa) to the poor with the belief that ALLAH will give health.

IN CASE OF ANY QUIRIES CONTACT

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