

## **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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