

## Health and Hygiene

### **Dry and Massage Hijamah**

The dry and massage Hijamah sets are to be kept and re-used but not shared by patients. The cups and acupuncture magnets are not to be shared as these have direct contact with the skin. However, the suction pump and extension tube may be shared as they do not have direct contact with the skin. Each patient should have their own dry and massage Hijamah set which should be clearly labeled with their name or initials. Alternatively, if more than one patient shares a set, each cup and acupuncture magnet must be clearly labeled with patient's name or initials.

### **Wet Hijamah**

For wet Hijamah the pumps are to be kept and re-used but not shared by patients. However, they must not become contaminated with blood. The areas which may become contaminated with blood are inside the (green) muzzle and the handle. If the pump becomes contaminated with blood, then it must be safely disposed of and replaced.

For wet Hijamah the plastic cups must be safely disposed of at the end of each session. They must never be re-used even for the same patient. The only way to 100% sterilize cups is by boiling them. However, plastic cups must not be boiled as they will melt and release toxins.

Contagious, blood diseases may take up to 10 years to develop and therefore the highest level of health and hygiene must always be maintained.

Hijamah therapists are entrusted with protecting the patient - High levels of health and hygiene must always be used to ensure no harm comes to the patient, e.g. by not re-using cups, blades, disposable materials etc.

Yourself (the therapist) - High levels of health and hygiene must always be used to ensure no harm comes to yourself, e.g. by wearing 2 pairs of medical, latex, powder-free, gloves etc.

Others - Levels of health and hygiene must always be used to ensure no harm comes to anybody else, e.g. ensuring that all blades are always placed in a

sharps box and incinerated. Likewise, all contaminated, disposable material e.g. cups, tissues, blood, gloves, face masks, aprons etc, are always placed in clinical waste bags and incinerated.

For incineration services, contact your local council, local clinics/hospitals, chemist or private incineration businesses. Blades and contaminated material etc MUST NEVER be disposed of in normal, household rubbish bins.

Safa Clinic & Hijamah Center