



Disinfection Guidebook

Learn how to safely and properly disinfect your cups

- why cupping vessels are classified as a *semi critical medical device*
- why we must use *high level disinfection*
- which liquid chemicals the Centers for Disease Control consider sufficient to produce *high level disinfection*
- why household bleach does not provide *high level disinfection*
- how washing your cups will clean them, but not provide a safe process for your clients
- step by step process to properly clean and store your cups



Cupping Disinfection Explained

1. why cupping vessels are considered a semi critical medical device

- The skin, or integumentary system is the largest organ of absorption and transport in the body.
- It is designed to allow for penetration and expulsion through the outer layers

Because of this function, we have to assume that there are microscopic amounts of blood and body fluids escaping through the skin where cupping has been applied.

We can see in many cases that tiny capillaries have burst during our treatments, but it takes millions of blood cells to be observed by the naked eye.



THE CUPPING REVOLUTION

Cupping Disinfection Explained

2. why we must use high level disinfection

- *High level disinfection* is the only level of disinfection that will kill bacteria, mould, spores, and virus that may exist on the cups.
- *High level disinfection* is required to remove any trace amounts of blood cells that may not have been removed from the cleaning process.
- Hydrogen Peroxide at a dilution of 7.5% for a duration of 30 minutes produces *high level disinfection*



**THE CUPPING
REVOLUTION**

Cupping Disinfection Explained

3. What liquid chemicals the Centers for Disease Control consider sufficient to produce *high level disinfection*



Sporox II is a pre-mixed, hydrogen peroxide based liquid that provides *high level disinfection*, and acts as a sterilant if products are soaked for 6 hours

<https://www.cdc.gov/infectioncontrol/pdf/guidelines/disinfection-guidelines.pdf>



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3. What liquid chemicals the Centers for Disease Control consider sufficient to produce *high level disinfection*

[https://www.cdc.gov/infectioncontrol/guidelines/disinfection/tables/table4.html?](https://www.cdc.gov/infectioncontrol/guidelines/disinfection/tables/table4.html?fbclid=IwAR2D61g3hsIvTrrIFWJFbJMRw5LsCfDAU4M6J7rNhvt6AunZd4eihDHOCOo)

[fbclid=IwAR2D61g3hsIvTrrIFWJFbJMRw5LsCfDAU4M6J7rNhvt6AunZd4eihDHOCOo](https://www.cdc.gov/infectioncontrol/guidelines/disinfection/tables/table4.html?fbclid=IwAR2D61g3hsIvTrrIFWJFbJMRw5LsCfDAU4M6J7rNhvt6AunZd4eihDHOCOo)

- **Hydrogen Peroxide, diluted to 7.5% for a duration of 30 minutes is the only liquid disinfectant that qualifies as a *high level disinfectant***
- **It has a 21 day shelf life, and can be stored in a non-transparent, closed container**

<https://www.cdc.gov/infectioncontrol/pdf/guidelines/disinfection-guidelines.pdf>



Cupping Disinfection Explained

4. Household bleach does not provide *high level disinfection*

<https://www.cdc.gov/infectioncontrol/pdf/guidelines/disinfection-guidelines.pdf>

- household bleach is not currently FDA-cleared for use as a *high-level disinfectant* (p41)
- health ministries in many jurisdictions have not updated their guidelines since 1981

<https://www.thecuppingrevolution.com>



**THE CUPPING
REVOLUTION**

Cupping Disinfection Explained

5. Why washing your cups will clean them, but does not provide a safe disinfection process for your clients

Washing your cups thoroughly with soap and water is an adequate way to clean them for personal use, but as soon as you are using them on more than one person, proper disinfection must be employed.

Clients may not even know that they have a bacteria, virus, or contagious illness. As healthcare professionals, we must protect the public, and ourselves.

<https://www.thecuppingrevolution.com>



Cupping Disinfection Explained

6. Step by step process to properly clean and store your cups

The following process must be followed each time you use your cupping devices on someone.

It is our responsibility as health care providers to 'do no harm'.

Storage of cups can be as important as cleaning them, as many airborne pathogens can get on cupping vessels if improperly stored.

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Cupping Disinfection Explained

Step by step process to properly clean, disinfect, and store your cups

STEP 1

SOAKING CUPS

- as soon as you finish using your cupping vessel, place the cup into a basin of warm, soapy water
- this will assist in the loosening and removal of any oils and particles that may be on the cups

STEP 2

WASHING CUPS

- once you have completed your cupping session, or at the end of your day, wash the cups thoroughly in warm, soapy water.
- cleaning and disinfection guidelines state that an abrasive brush (a bottle brush works well) to remove any oil or particles from the cups
- dry the cups with a freshly cleaned and bleached cotton towel, or air dry the cups

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Cupping Disinfection Explained

Step by step process to properly clean, disinfect, and store your cups

STEP 3

PERFORM *HIGH LEVEL DISINFECTION*

- prepare the 7.5% hydrogen peroxide solution in a closed non-transparent container. Hydrogen peroxide is photo sensitive.
- soak the cups for a minimum of 30 minutes
- **BE SURE TO WEAR RUBBER GLOVES WHEN HANDLING ALL CLEANING AND DISINFECTION PRODUCTS**
- remove the cups, rinse under warm water, dry with a clean cotton towel, or air dry on a rack

STEP 4

STORE THE CUPS

- store the cups covered, so that bacteria and airborne substances do not contaminate them

<https://www.thecuppingrevolution.com>



Cupping Disinfection Explained

Cupping for Manual Therapists

ONLINE TRAINING:

Our online class, Cupping 1 provides an introduction into cupping therapy, including indications, contraindications, the history and uses of cupping therapy, and proper disinfection techniques. It can be found through this link:

<https://thecuppingrevolution.com/online-training/>

LIVE TRAINING

We have two live training events

Cupping for Manual Therapists is a two-day course for bodywork professionals.

5 Element Cupping is a two-day courses for practitioners of East Asian Medicine

Join us on [Facebook](#)

<https://www.thecuppingrevolution.com>



Cupping Disinfection Explained

Cupping for Manual Therapists



Lisa Dowling, BA. R Ac
Founder, The Cupping Revolution

Lisa Dowling is an acupuncturist, bodywork professional and movement practitioner who has been practicing cupping for over 20 years, and teaching it for more than 10.

In the past few years, Lisa has developed dynamic techniques using silicone and glass cups that synthesize Eastern and Western techniques and have revolutionized the way that cupping can be used on the body.

As cupping has become more popular, there has been an increase of information available on cupping, and much of it is unfounded. The Cupping Revolution was created so that practitioners could not only share their experiences, but have access to up to date and accurate information about this powerful modality, as well as advance their basic skills.

<https://www.thecuppingrevolution.com>