



Myofascial Cupping Sanitization

CDC Hygiene/Safety Guidelines

Cups generally fall under the category Semi-critical Medical Equipment/Device or Noncritical Medical Equipment/Device, depending on the exposure of bodily fluids. Below is the standard for semi-critical medical equipment/devices is High Level Disinfection (HLD).

Here's the step-by-step process for cleaning cups:

1. **Wash** – Use soap and water to wash the cups and tools, making sure to apply some mechanical force to remove any visible organic matter like massage oil, sweat, or hair.
2. **Rinse** – After washing, rinse the cups and tools to remove any soap residue.
3. **Dry** – Shake off the majority of rinse water to avoid diluting the disinfectant.
4. **Disinfect** – Wear gloves and eye protection to protect yourself from harsh chemicals. Soak the cups and tools in 7.5% hydrogen peroxide for 30 minutes.
5. **Rinse** – Rinse the cups and tools to remove all traces of disinfectant and protect your clients' and your own skin.
6. **Dry** – Leave the cups and tools to air dry as part of the HLD process before restocking them in your treatment room.
7. **Note** – Make sure you have enough cups available to avoid rushing between clients. That way, you can begin the next therapy while allowing your other cupping set to soak.