Guasha Patient Information

Guasha is defined as ‘instrument-assisted unidirectional press-stroking of a lubricated area of the body to intentionally create the release of blood under the surface of the skin’.

The marks made by the scraping tool used during guasha are similar to a rash or bruise and are part of the therapeutic effect. According to current medical research, guasha increases blood flow and produces an anti-inflammatory and immune protective effect that persists for days following a single1 treatment.

Guasha is used alongside acupuncture or as a stand-alone treatment.

**Possible side effects from guasha**

Due to the nature of guasha it is perfectly normal for an area to look bruised or red after treatment. This skin reaction is nothing to be concerned about, it is part of the therapeutic effect and will usually subside within a few days. You should keep the skin clean and covered, where possible, for at least the first 48 hours.

**Other possible side effects include:**

• mild pain

• discomfort during or shortly after the treatment

**What to do if you experience an adverse reaction to guasha**

The majority of minor adverse events pass very quickly following treatment, usually within 24 to 48 hours.

If you have any concerns following treatment you should contact your practitioner for further guidance. Your practitioner can deal with the majority of incidents and refer you on if necessary. It is important to make your practitioner aware of any responses you have to treatment; they can then adjust any future treatments and make sure that whatever you are experiencing is not out of the ordinary.

Having spoken to your practitioner, if you still have concerns you should arrange to discuss your symptoms with your GP.