



RECOMMENDATIONS FOR POST-SURGERY

Getting massages after your surgery is crucial for your recovery, start as soon as your doctor allows to, for best results:

Weeks 1-2: Daily
Weeks 3-8: 3x a week
Weeks 9-12: 2x a week
3-6 Months: 1x a week
6 Months +: 1x a month for maintenance

- Difference between lymphatic massage and lymphatic drainage post-surgery massage: our lymphatic massage will be focused on the full body massage compared to our lymphatic drainage post-surgery massage that will focus on your surgery and use any machines if needed.
- Wearing compression garments after your surgery is essential to your recovery; it reduces the swelling, improves your results, reduces risk of waves or bulges, distributes scar tissue, and improves ease of movement and posture. Compression garments come in 2 stages so ask your doctor when you are ready for the stage 2 garment. We recommend FEMINE/FormRx for all your fajas and adjustments, its located on 3831 W. Vine St #64 Kissimmee, FL 34741 (407) 943-7394
- Always keep the incision site dry and clean to prevent infections. Remember to always wash your hands before handling the dressings and use alcohol 70% to sterilize the site. Use wet wipes to clean yourself until the doctor tells you to take a shower.
- We do not open any incisions or remove any drains, please consult your doctor for removal.
- Signs of inflammation; puss, redness, pain the incision site are very serious and you should contact your doctor immediately. When seromas (seroma is a buildup of fluids, which accumulates and settles in an area of the body where tissue has been removed in a surgical procedure) occur contact your doctor immediately to treat it, must be in a sterile environment or it can cause serious infections.
- We recommend you drink 2-3 liters of water daily. Water and hydration are key for this process being effective. Healthy Tip: drinking pineapple juice with mint leaves is a natural diuretic.
- To maximize the effectiveness of your sessions, it is best to restrict caffeine, alcohol, salt, and sugar in large amounts that impact lymphatic flow during the program and maintain a healthy diet.
- We recommend daily exercise to stimulate lymphatic flow, such as brisk walks during this process, no strenuous exercise.
- If you should become pregnant during this process, please inform us immediately.

If you have any questions, please contact us.

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