



Lymphatic Drainage

PRE+POST CARE INSTRUCTIONS

PRE-TREATMENT CARE:

Drink lots of water

Avoid eating for one hour before the massage

Limit salty foods, sugar, and alcohol

Wear a compression garment to help with swelling and the lymph drainage process

POST- TREATMENT CARE:

Avoid hot baths and saunas for 24 hours

Avoid massaging the treated areas

IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.
