Abi Cole
AESTHETICS

POST OP LYMPHATIC MASSAGE

AFTERCARE GUIDE

Following the right aftercare helps to enhance your results, reduce swelling, prevent complications and support a smooth, comfortable recovery.

Lymphatic massage after surgery helps to reduce swelling, bruising and fluid retention. improves circulation, relieves discomfort and speeds up the body's natural healing process.



WHAT TO EXPECT

REDUCTION IN SWELLING
You may notice a gradual reduction in swelling and fluid retention.

IMPROVED COMFORT
Less tightness and heaviness in the treated areas.

ENHANCED HEALING
Better circulation and lymph flow to support recovery.

RELAXATION
A feeling of lightness and overall wellbeing after each session.

AFTERCARE INSTRUCTIONS

STAY HYDRATED
Drink plenty of water before and after your session to help flush out toxins and reduce swelling.

MOVE GENTLY
Lightweight is encouraged to promote circulation and lymphatic flow. Avoid strenuous exercise until cleaned by your surgeon.

FOLLOW YOUR PLAN
Attention recommended lymphatic massage sessions for optimal results.

AVOID PRESSURE
Do not engage or apply pressure to the treated areas at home unless advised by your therapist.

WEAR COMPRESSION
Wear your compression garment as directed to support healing and minimise swelling.

AVOID ALCOHOL & SMOKING
Avoid alcohol and smoking as they can slow healing and increase swelling.

EAT WELL
Consume a balanced diet rich in protein, vitamins and antioxidants to support tissue repair.

BE PATIENT
Avoid applying makeup, lotions or harsh skincare products to the treated area for 24 hours.

ADDITIONAL TIPS

- Get enough rest and quality sleep.
- Sleep with your head or upper body elevated if advised.
- Avoid salty foods as they can cause water retention.
- Avoid hot baths, saunas and steam rooms.
- Wear loose, comfortable clothing to your appointments.
- Always communicate any discomfort to your therapist.

SIGNS TO CONTACT US

Contact us if you experience:

- Severe or increasing pain
- Excessive swelling or redness
- Warmth, discharge or signs of infection
- Shortness of breath or chest pain
- Any other unusual or concerning symptoms

We are here to support you every step of the way on your journey.

YOUR RECOVERY, OUR PRIORITY

Consistent aftercare and lymphatic massage play a key role in achieving the best possible results. Thank you for trusting us with your care.

WE'RE HERE TO HELP

If you have any questions or concerns about your aftercare, please contact us.

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This guide is intended as general client information and does not replace personalised advide from your qualified practitioner.