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## Upcoming Surgery?

You have decided to undergo cosmetic surgery. Now is the time to prepare your body and mind for the upcoming procedure.

- Ensure your surgeon is Board Certified.
- Have you scheduled your two lymphatic drainage sessions before the surgery?
- Is your Manual Lymphatic Therapist certified and well-trained? (At MassageNetics, we are certified through the Academy of Lymphatic Studies and specialized in post surgical lymphatic care for cosmetic surgeries. We have over 5+ years experience working in the field of lymphatics.)
- Have you scheduled your manual lymphatic sessions with your preferred therapist?
- Check if they offer package deals to help reduce your recovery expenses.
- When discussing aftercare with your surgeon, avoid using the term "massage." Most local surgeons recommend refraining from massages until 8 weeks post-op. Inform them that you will be receiving Manual Lymphatic Drainage from a certified and licensed therapist.
- For Liposuction (any type), begin Manual Lymphatic Therapy within 48 hours.
- For all cosmetic surgeries, start Manual Lymphatic Therapy within 72 hours.
- If you are traveling by plane, wait 24 to 48 hours after landing before scheduling your MLD session.
- Maintain a healthy diet by avoiding smoking, alcohol, and drugs. Consider cutting out sugar, reducing salt intake, and increasing protein intake a week before the surgery.
- Increase your water intake two weeks before the surgery.

If you have any questions, feel free to schedule a consultation with our Therapist.

*Kathy Phillips*, LMBT 11386 C-MLD, CMMP

