

Thank you for choosing **Lymphatic Massage**, a gentle therapy designed to stimulate lymph flow, reduce swelling, improve circulation, and support detoxification. Proper aftercare helps maximise benefits and maintain results.

Immediately After Treatment

Normal Reactions

- You may feel mild fatigue, lightheadedness, or slight tenderness in treated areas.
- Some clients experience temporary increased urination or mild fluid release—this is normal.

Avoid Touching

- Do not apply excessive pressure to the treated area immediately after the massage.
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First 24–48 Hours

Hydration

- Drink plenty of water to help flush toxins and support lymphatic drainage.

Activity

- Avoid strenuous exercise, heavy lifting, or high-impact activities for the rest of the day.
- Gentle walking is encouraged to support circulation.

Rest

- Rest as needed to allow the body to respond to the massage.

First Week

Diet & Hydration

- Maintain a balanced diet and continue drinking plenty of water.
- Limit excessive salt intake to prevent fluid retention.

Skin Care

- Moisturise the skin if dryness occurs, especially in areas that were massaged.
- Avoid harsh exfoliation or treatments that may irritate the skin.

Follow-Up Sessions

- Attend all recommended sessions for optimal results.
- Inform your therapist of any changes in health or medication.

Expected Results & Monitoring

- Temporary fatigue or mild soreness may occur but should subside within 24 hours.
- Swelling may decrease gradually over several days.
- Improved circulation, reduced puffiness, and a sense of lightness are expected.

When to Contact Us

Call your provider if you experience:

- Severe pain, swelling, or redness that does not improve.
 - Signs of infection such as warmth, pus, or fever.
 - Any unusual symptoms, dizziness, or persistent fatigue.
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Long-Term Care

- Continue to stay hydrated and maintain a healthy diet.
- Practice gentle exercise to support lymphatic flow.
- Follow the therapist's advice for maintenance sessions.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.