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Celestial Waves™

PLASTIC SURGERY POST-OP CARE GENERAL SCHEDULE FOR MASSAGE AND LYMPHATIC DRAINAGE.

Liposuction

Week#	Session 1	Session 2	Session 3	Session 4
1	45 MLD	45 MLD	45 MLD	30 MLD
2	30 MLD	30 MLD	30 MLD	30 MLD
3	30 MLD	30 MLD	30 MLD	
4	30 MLD	30 MLD	30 MLD	
5	30 MLD	30 MLD		
6	30 MLD	CPPSC 45		
7	CPPSC 45	CPPSC 45		
8	CPPSC 45	CPPSC 60		
9	CPPSC 60	CPPSC 60		
10	CPPSC 75			
11	CPPSC 75			
12	CPPSC 75			
13				
14				
15				
16				

MLD = Manual Lymphatic Drainage. Slow, gentle, rhythmic massage to assist with mobilization of tissue.

CPPSC = Customized Post Plastic Surgery Care

May include any of the following as necessary

1. MLD
2. Contouring Massage (Deep Tissue, IASTM, Wood Therapy, and or Fibrosis Massage)
3. Radio Frequency
4. Ultrasonic Cavitation
5. Microcurrent with LED Therapy
6. Vacuum Therapy with Radio Frequency
7. Cool Wand
8. Kinesio Taping
9. Electro-muscular Stimulation (EMS)
10. Cupping

6-Week-Intensive Lypossage Program to begin 8-10 weeks prior to surgery.