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Celestial Waves™

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

Chin Lipo or Facial Surgery

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

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

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