

Oncology Massage Pre & Post Treatment Advice

Before Your Treatment

Wear loose, comfortable clothing and avoid rushing to your appointment where possible.

Stay well hydrated throughout the day.

Eat a light meal or snack before your treatment if needed.

Inform your therapist of any areas of discomfort, swelling, lymphoedema, skin changes, medical devices, or concerns you may have.

If you are currently receiving cancer treatment, please keep your therapist updated on any changes to your treatment plan or medical advice.

After Your Treatment

Continue to drink plenty of water and stay hydrated.

Allow yourself time to rest and enjoy the benefits of the treatment.

Gentle movement, such as walking or stretching, can help maintain feelings of relaxation and wellbeing.

You may feel deeply relaxed or tired following your massage. Listen to your body and rest if needed.

Avoid strenuous exercise, alcohol, and prolonged exposure to heat such as saunas or hot tubs for 24 hours.

Please note: Oncology massage is a supportive complementary therapy that is carefully adapted to your individual needs. It is designed to promote comfort, relaxation, and wellbeing and should not be considered a replacement for medical treatment or advice.