

SAPPHIRE

MediSpa

Lymphatic Drainage

Thank you for receiving your lymphatic drainage massage today.

To support the best results and help your body continue the detoxifying and fluid-moving process, please follow these aftercare guidelines.

IMMEDIATELY AFTER TREATMENT

- Drink plenty of water—aim for 2–4 extra glasses over the next several hours.
- Avoid heavy meals; choose light, nourishing foods to support circulation and detoxification.
- Use the restroom whenever needed—increased urination is normal and expected.
- You may feel more relaxed, tired, or thirsty than usual.

FIRST 24 HOURS

- Continue to hydrate throughout the day.
- Avoid alcohol, caffeine, and nicotine—they can slow the lymphatic flow.
- Avoid strenuous exercise or heavy lifting. Light stretching or walking is fine.
- If you feel tired, allow yourself to rest—this is part of the body's rebalancing.
- Mild soreness or increased bowel movements may occur and are normal.

GENERAL AFTERCARE (24–72 Hours)

- Stay hydrated with water or herbal teas (peppermint, chamomile, ginger recommended).
- Eat clean, balanced meals focusing on whole foods (veggies, lean protein, fruit).
- Avoid high-sodium foods to reduce fluid retention.
- Gentle movement such as walking, yoga, or light stretching supports continued drainage.
- Consider dry brushing or gentle self-massage to maintain results (your therapist can show you how).

IF TREATMENT WAS FOR POST-SURGICAL LYMPHATIC DRAINAGE

(Use this section only if relevant to your practice)

- Wear your compression garment as directed by your surgeon.
- Avoid lying flat on treated surgical areas unless cleared.
- Do not perform self-drainage on incisions, seromas, or areas of active healing unless guided by your provider.
- Avoid heat, vigorous massage, or deep pressure on healing tissue.
- Follow all post-op medical instructions given by your surgeon in addition to these guidelines.

EXPECTED REACTIONS

You may experience mild, temporary effects such as:

- Increased urination
- Increased bowel movements or gas
- Feeling tired or relaxed
- Light soreness or sensitivity
- Reduced swelling or puffiness
- Temporary headache (usually due to detoxification)

These are normal and should resolve within 24–48 hours.

WHAT TO AVOID FOR 24–48 HOURS

- Alcohol
- Caffeine (limit if possible)
- Smoking or vaping
- Strenuous workouts
- Hot tubs, saunas, or prolonged hot baths
- Junk food or salty meals
- Any deep tissue massage or aggressive manipulation

TO ENHANCE RESULTS

- Maintain hydration daily—not just after the treatment.
- Schedule sessions consistently if your goal is detox, sculpting, wellness, or post-op recovery.
- Combine treatments with anti-inflammatory diet choices when possible.
- Continue light daily movement to encourage circulation and lymph flow.

WHEN TO CONTACT YOUR PROVIDER

Please contact us if you experience:

- Severe or unusual swelling
- Persistent pain
- Signs of infection (redness, warmth, fever—especially if post-op)
- Shortness of breath or chest pain (seek immediate medical attention)
- Any reaction that concerns you