

# WELCOME!



*Welcome to Esther Cato Wellness*

*I will hold your hand every step of the way!*

*We recommend at least 2 sessions per week to see results.*

*We advise on everything from compression garments to nutritional health.*

*Please take the time to read our tips for a faster and smoother recovery!*

## Where to Start

*By far my favorite thing to do is help clients to recover from surgical procedures!*

*I look forward to working with you and helping you to achieve the body of your dreams.*



# WHAT I DO

*You and your surgical team will get weekly updates on what's going on behind the scenes, including a report and progress photos.*

*You will get advice around maximising each session inline with your consultation outcomes and when the time is right you'll receive a preferred rate on your wood therapy as a thank you on completion of your MLD sessions.*

*We recommend 10 at the least to begin with, but depending on your healing journey you could require a few more.*

## Where to Start 1

*Please complete your consultation form as thoroughly as possible*

**2** *Schedule your first session as soon as you can, as I get booked up quickly. This ensures that we start off in good time with options.*



# HOW TO PREPARE

*On your first visit you will be asked to bring everything that your surgeon has given you to take home.*

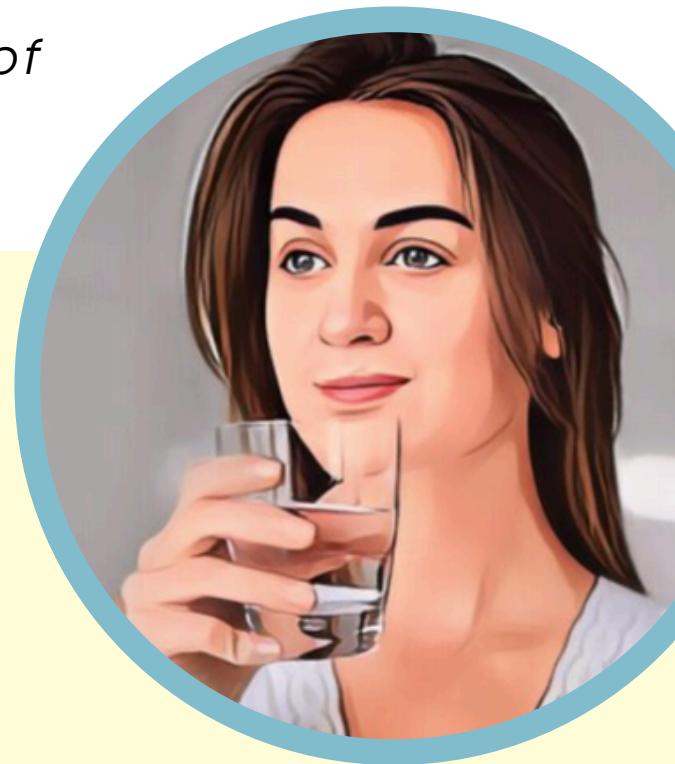
*Please bring with you all the medication that you have been given, the notes / follow up notes and guidelines for recovery these are very important for me to have, also any sign off from your GP.*

*This is especially important if you had any surgical complications.*

**3** Visit your GP for a sign off - Have them take your Blood pressure and temperature and clear you for MLD.

**4** Drink at least 2.0 litres of water before your first visit

**5** Wear very loose and comfortable clothing as you will likely be frequently urinating throughout the session. Visit the toilet before our first session.



*If you have been working with a great team you will be aware that your healing journey can take around 12-18 months to fully see your results.*

*In the meantime your journey doesn't look like the next persons and at times you may get impatient, this is completely normal.*

*I am here to support you.*

*Looking forward to meeting and treating you. I will include a few more resources.*

*If you have any issues please do not hesitate to contact me.*

*I wish you all the best with your surgery.*

*Best wishes*

*Esther X*