



**Your post-op package may feature a variety of treatment modalities and techniques, tailored to different stages of your recovery journey.**

This specialized massage therapy is designed to promote lymphatic drainage, reduce swelling, and enhance recovery following cosmetic procedures such as tummy tucks, liposuction, Brazilian butt lifts, etc. By supporting the body's natural healing process, this technique helps to accelerate recovery, improve circulation, and minimize the risk of complications. Additionally, it assists in refining and contouring the body, enhancing surgical results for a smoother, more defined appearance.

### **VIP Bonus Access:**

- List of essential Post-op items you will need from amazon or in store
- Emotional support via text to my personal phone number
- Outline of early post-operative care appointments
- Standard Guideline treatment Schedule
- Faja knowledge and guidance

### **Modalities & Treatments Included:**

- Luxury heated massage bed
- Manual lymphatic drainage massage
- Ultrasound Therapy
- Minimize risk of fibrosis
- Fibrosis treatment 1 area
- Minimizes the risk of Seroma
- G5 massager
- Red light therapy
- Gua Sha technique
- Wood therapy
- Radio frequency
- Heated Vibration
- Lipo Burn guidance
- Belly Button Care guidance
- Drain Care guidance
- Wound Care guidance

Enjoy soothing arnica tea and refreshing water during each visit.

Treatments are customized to each individual's needs. 15 minutes time is designated to help you get into your Faja if needed.

### **Post-operative Care Specialist:**

*Shannon Singh*