



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

Abdominoplasty (Tummy Tuck)

Week#	Session 1	Session 2	Session 3	Session 4
1	60 MLD	45 MLD	45 MLD	
2	45 MLD	45 MLD	45 MLD	
3	30 MLD	30 MLD	30 MLD	
4	30 MLD	30 MLD	30 MLD	
5	30 MLD	30 MLD		
6	30 MLD	30 MLD		
7	30 MLD	CPPSC 45		
8	30 MLD	45 MLD		
9	CPPSC 30	CPPSC 60		
10	CPPSC 60	CPPSC 60		
11	CPPSC 60			
12	CPPSC 60			
13	CPPSC 60			
14	CPPSC 90			
15	CPPSC 90			
16	CPPSC 90			

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

6-Week-Intensive Lypossage Program 8-10 weeks prior to surgery.