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Celestial Waves®

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

Thighplasty

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

**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 to begin 8 weeks prior to surgery.