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Celestial Waves™

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

### Facial Reconstruction

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

**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

Facial Reconstruction after care is often about 6-12 months and will then need more at times over the next few years depending on the extent of muscle and bone manipulation/graphing.

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
11. TMJ Trigger Point Therapy