

MASSAGE SERVICES FOR SURGICAL PATIENTS

Types of Sessions for Cosmetic Surgery Patients

1. Pre-operative
2. Immediate Post-Procedure (first week)
3. Recovery Period (1-8 weeks)
4. Sustained Healing Phase (2-12 months)

Pre-operative

*Assessment and Measurements
Tissue preparation before surgery for better healing.
Relaxation for surgery and stress reduction
Preop teaching and scheduling appointments*

Immediate Postop (Week 1)

*Assessment and Measurement
Education and Assurance
Very light therapy for relaxation, healing and immunity*

Recovery Period (weeks 2-8 postop)

*Assessment of surgical work and measurements
Lymphatic drainage massage for swelling
Light work around surgical areas, **not on incisions**
Light muscle relaxation (initially supine)
Accommodate BBL, breasts, etc. with supports/bolster
Progressive work around surgical areas,
Adhesion fibrotic and MFR work—avoid incision areas
Therapy to non-surgical areas (shoulders, back, etc.)
Opening up front side for better posture*

Sustained Healing (after week 8)

*Continued monthly therapy for pain and mobility
Continue work on surgical scar and healing.
Body realignment, posture and overall body balance
Relaxation and restoration to pre-surgical activities
Support optimal function for client's daily life*

Lymphatic Drainage Massage is very light massage with the intention of moving water, reducing swelling, improving immunity and cleansing the body. It can also help with headaches, sinus congestion and other symptoms. It is very relaxing. (Techniques: Vodder and Chckley)

Myofascial Release is integrated with massage and releases tight tissue. It is also used for balancing the body structure for better function. Surgery causes tension, tightness and adhesions in the body, which respond well to myofascial release. (Techniques: John Barnes Myofascial Release)

Body measurements may be done before and after sessions to measure the effect of surgery and results of therapy, especially when using lymphatic drainage massage.

Instructions for Surgical Patients

1. **Carefully follow your surgeon's instructions.** Your doctor will give you specific instructions for activity, wound care, use of compression garments or other special appliances. Questions about the surgery and healing should go to your surgeon.
2. **Release for Massage Therapy.** Ask your surgeon about a release for massage therapy. Most surgeons recommend massage therapy with a trained therapist starting in your second week after surgery.
3. **Good Hydration** is strongly recommended before and after surgery.
4. **Preoperative Massage Appointment.** Receive your first therapy before surgery. Massage is relaxing and prepares the body for surgery. It also establishes a therapeutic relationship and you can develop a plan with your therapist prior to your postoperative care.
5. **Book Appointments in Advance.** The timing of your appointments before and after surgery is important. Therefore, plan ahead and schedule your appointments to hold the time.
6. **Packages Save Money.** Ask about discounts for multiple sessions. Not only will you save money, but healing and recovery are enhanced with the proper massage and body work.
7. **Get Qualified Massage Therapy.** Surgery is serious and impacts the entire body, even "minor" surgeries. Steve Metzger is a registered nurse and a massage therapist with advanced training with therapy for surgical patients. He utilizes advanced techniques, including lymphatic drainage massage and myofascial release.