YOUR AFTERCARE

After your treatment

A little care for yourself after your appointment.



Take your time

Sit up and stand slowly. Allow yourself a moment before leaving, especially if you feel light-headed.

Drink & move comfortably

Drink water as usual. Gentle movement is fine if comfortable. Ease back into strenuous exercise if you feel tender, and leave any stretches that increase pain.

Be gentle with your skin

Wipe off excess oil before walking or gripping slippery items. If your skin feels sensitive, let it settle before using extra heat, scrubs or firm pressure.

Listen to your body

Mild tenderness after firmer massage should ease over the next day or two. Contact me with questions about your session. Seek medical advice promptly for severe or worsening pain, or new numbness or weakness.

Follow your individual care plan

Follow the advice given at your appointment. After surgery, follow your surgical team’s instructions for activity, wound care and compression.

When to seek help

Contact your surgical team or NHS 111 for increasing wound redness, warmth, swelling, pus or fever. Get urgent advice for new pain and swelling in one leg. Call 999 for sudden breathlessness or chest pain after surgery, or alongside leg pain and swelling.