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your personal guide to feeling better and living better

How can I support my recovery from Cosmetic Surgery?

Here are my top recommendations from 8 years of doing this work:

Always Follow Doctors Orders

Reduce swelling with:

- Manual Lymph Drainage
- Gentle exercise and joint movement
- Diaphragmatic Breathing
- External Compression
- Vibration
- Cooling treatments to reduce bloodflow
- Dry brushing when permitted

Hydrate! Hydrate! replace fluids and supplement with electrolytes and important nutrients

Get plenty of protein in the form of collagen for healing! Improve skin tone and resiliance

Stay cool and comfortable - soothe itching/burning skin & nerve pain with safe organic skin cream! (not for incisions)

BE INFORMED - BOOK A CONSULT WITH ME!