

Deep Oscillation Therapy Aftercare Guidelines

DEEP OSCILLATION THERAPY AFTERCARE GUIDELINES

After undergoing Deep Oscillation Therapy, it's important to follow certain aftercare guidelines to maximise the benefits of the treatment and ensure your comfort. Here are some key recommendations:

Hydration: Increase your intake of water following your treatment. Hydration is key to helping your body flush out toxins and supports overall lymphatic function.

Rest: Allow your body some time to rest and recover post-treatment. While Deep Oscillation is gentle, rest can enhance the body's response to the therapy.

Gentle Exercise: Light activities such as walking can be beneficial post-treatment. They help stimulate circulation and lymph flow but avoid strenuous exercise immediately after your session.

Healthy Diet: Eating a balanced diet rich in fruits, vegetables, and lean proteins can support your body's healing process. Avoid processed foods and excessive salt, which can contribute to inflammation and water retention.

Avoid Heat Exposure: It's advisable to avoid high heat environments like saunas or hot tubs immediately after treatment, as your body might be more sensitive post-therapy.

Skin Care: Maintain good skin hygiene and moisturisation, especially if you have a condition like lymphoedema. This helps in preventing infections and keeps the skin healthy.

Monitor Your Body's Response: Be aware of how your body reacts after the treatment. Some individuals may experience a sense of relaxation or a slight tingling sensation in the treated area. However, if you experience any discomfort, pain, or unusual symptoms, it's important to contact your therapist.

Avoid Alcohol and Caffeine: These substances can dehydrate your body and may affect the efficacy of the treatment. It's best to avoid them for a short period post-treatment.

Wear Comfortable Clothing: Post-treatment, wear loose and comfortable clothing to avoid any unnecessary pressure on the treated areas.

Follow-up Sessions: Depending on your condition and goals, multiple sessions may be recommended for the best results. Discuss with your therapist the optimal frequency of treatments for your specific needs.

It is essential that you have read all of the information available. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

Patient Acknowledgment *

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.