

Pressotherapy Aftercare Advice

PRESSOTHERAPY AFTERCARE ADVICE

Thank you for undergoing pressotherapy treatment. To maximise the benefits and ensure a smooth recovery, please follow the aftercare advice provided below:

Hydrate Well: Drink plenty of water to help flush out toxins and support your lymphatic system. Aim to drink at least 1.5 to 2 litres of water per day.

Avoid Heavy Meals: Avoid consuming heavy or greasy meals immediately after the treatment. Opt for light, nutritious meals.

Rest and Relax: Allow your body to rest and recover. Avoid strenuous activities or heavy lifting for at least 24 hours post-treatment.

Gentle Exercise: Engage in light physical activity, such as walking or gentle stretching, to promote circulation and lymphatic drainage.

Skin Care: Moisturise your skin to keep it hydrated and prevent dryness. Avoid hot baths, saunas, or any heat treatments for 24 hours to prevent skin irritation.

Monitor for Reactions: It is normal to experience mild redness or slight bruising, which should subside within a few hours to a couple of days. If you experience any unusual pain, swelling, or prolonged discomfort, contact your healthcare provider.

Healthy Diet: Maintain a balanced diet rich in fruits, vegetables, and lean proteins to support your overall health and well-being. Reduce salt intake to prevent water retention.

Follow-Up Appointments: Schedule and attend any recommended follow-up appointments to monitor your progress and address any concerns.

Avoid Alcohol and Caffeine: Refrain from consuming alcohol and caffeine for at least 24 hours post-treatment, as these can dehydrate your body and impede the detoxification process.

Listen to Your Body: Pay attention to how your body feels and take it easy if you feel any discomfort. Rest if you feel tired or lightheaded.

If you have any questions or concerns about your aftercare, please do not hesitate to contact us. We are here to support you in your recovery and ensure you achieve the best possible results from your pressotherapy treatment.

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

Confirmation *

☐ 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.