

## **OLOPAI's Clinical Massage Therapy Post-Visit Instructions (Aftercare)**

Great work today. Your body just got a reset and sometimes it needs a little time to “reorganize.” Here’s how to support your results:

### **What You May Feel After**

- Mild soreness (similar to a workout)
- Increased range of motion
- Fatigue or deep relaxation
- Increased urination (especially after lymphatic work)

These are normal responses as your muscles and nervous system decompress.

### **Hydrate + Refuel**

- Drink extra water for the next **24 hours**
- Add electrolytes if needed (especially after sweating or workouts)

### **Move Gently**

- Light movement helps your results last longer:
  - Easy walking
  - Gentle stretching
  - Mobility work

### **Heat or Ice?**

- **Heat:** helpful for general tightness and relaxation
- **Ice:** better if you feel inflamed, irritated, or “hot” pain  
If you’re unsure, message me and I’ll guide you.

### **Avoid (First 24 Hours)**

- Heavy lifting or intense workouts (unless we discussed it)
- Alcohol (it can increase dehydration and soreness)

### **If You Had Cupping**

- Marks can look like bruises but they are typically **surface-level** and temporary.
- Color varies depending on hydration and tissue congestion.
- Avoid direct heat on marked areas for the first day if they feel tender.

### **The #1 Tip**

Your body changes faster with **consistency**. If you’re working on pain, posture, or restricted movement, regular sessions + home care is the fastest path to lasting relief.

### **Questions after your session?**

Text/DM me anytime. I’ve got you.

*OLOPAI’s Clinical Massage Therapy*