



RECOVERING
FROM A
BBL

MASSAGES
LIVE YOUTUBE CLASS

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HELLO!

Thank you so much for joining my live class.
In this PDF you will find information about what to do on your Post Operative Days (POD) for the first 2 weeks after surgery.

POD #1 to POD #14

- 1.** Begin POD #1 and wear new faja after first massage
- 2.** Get 10 traditional massages for the first two weeks for a total of 10 massages
- 3.** One massage everyday first week
- 4.** One massage every OTHER day for the next week
- 5.** Get 5 Manual Lymphatic Massages over the next two weeks (for a total of 5 massages)