



## PRE-TREATMENT INSTRUCTIONS

### Massage

- If you have bone disease - strong pressure is not recommended over areas of weak bones. Be sure to tell your therapist if you have bone disease.
- If you have had lymph nodes removed or surgeries: tell your therapist to avoid deep pressure on your affected limb. Too many patients believe that it is perfectly fine during treatment and even after treatment is completed to get the same type of massage they had before surgery.
- Arrive to your appointment with clean skin; do not apply creams, lotions, or cosmetics.
- You can eat and drink normally before your appointment.

*Please contact our office at 903-357-5108 with any questions or concerns.*



## POST-TREATMENT INSTRUCTIONS

### Massage

1. Drink plenty of water throughout the day (tea, coffee, soft drinks or alcoholic beverages don't count)
2. Eat a small meal or snack after your massage
3. Rest and relax
4. You may feel achy or have sore muscles. You can take over the counter Tylenol or Motrin as needed

*Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467.*

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**Patient Name (please print)**

**Patient Signature**

**Date**