

General Advice for Recovery

Possible post treatment adverse effects

Post treatment effects from your massage are possible as your body will react to the treatment provided. These effects should resolve after 24-48 hours.

After your massage you may experience some of the following effects:

- Headaches
- Increased urination and bowel movements
- Dehydration
- Stiffness and soreness in your muscles and tenderness in any areas where deep massage has been given
- Sleepiness and fatigue
- Bruising
- Reduced exercise and sports performance
- A little dizziness immediately after the treatment

What can you do to reduce these effects?

Immediately after the massage you may want water and glucose (sugar) to reduce any dizziness.

To help with all other general after effects, you can:

- Apply a cold compress to your muscles to reduce stiffness or bruising.
- Drink plenty of water to replenish fluids and reduce dehydration.
- Avoid alcohol or caffeine for 12 hours as this can cause further dehydration.
- Rest and relax!

If you have any concerns regarding the effects of the massage, please do not hesitate to contact us.