



## FIRST TIME COMPRESSION THERAPY GUIDE

### BEFORE YOU ARRIVE

- Wear comfortable clothing.
- Bring a book, magazine or your computer.
- If you are planning to listen to music, podcast or watch a show/movie, we kindly ask you to bring your headphones so as to not disturb others.

### AT YOUR APPOINTMENT

#### Introduction

We recommend wearing loose or comfortable clothing during your session. A team member will show you to our comfortable chairs with foot rests. A team member will also assist you into the compression attachments of your choosing. They will provide a brief overview of equipment and the digital settings. This is a great time to share anything that is going on with your body and mind and to ask any questions. Our team member will make sure that you are completely comfortable before starting your session.

#### During Your Compression Session

Once your session begins, your legs will be kept elevated. Gravity assists in circulating body fluids. Each compression therapy session is approximately 30 minutes. It is a non-invasive procedure, however, you might feel a little bit of pressure much like a blood pressure cuff. You are in complete control of the settings, so that you can increase or reduce the pressure to a level that is most comfortable for you. Close your eyes and relax. In addition to two different leg length attachments, we also have arms/shoulders and hip attachments available for use.

#### After Your Compression Session

Once your session is complete, a team member will assist you out of the attachments. You are welcome to enjoy some tea and cool water in our “relaxation” room. We suggest continuing to drink plenty of water throughout the day to continue to flush the waste product out of your system.