

5

LumaCare Duo

Tips for Post-Surgery Cold Laser Therapy

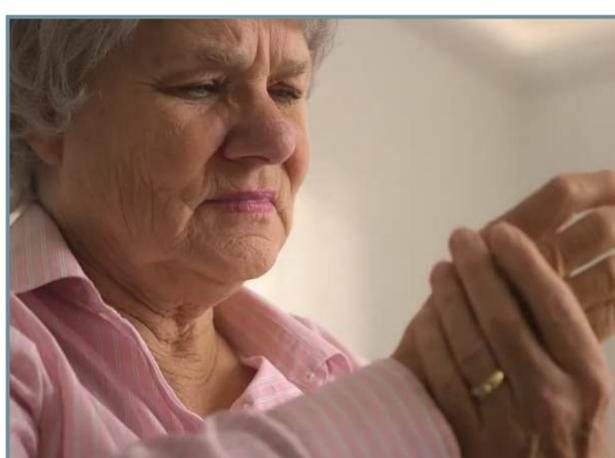
1. Keep it Simple in the Immediate Post-Op Period

Right after an operation, you should aim for simplicity. Your body is already processing a major event, so adding extra inputs can feel distracting or uncomfortable. During this window, you are most likely to notice small changes or sensations, so you should prioritize rest and observation.



2. Listen to What Your Body Tells You

Light-based approaches, including cold laser therapy, are designed to feel gentle and calming. Many people find they respond best when they introduce these therapies at a time that feels right for their body and recovery process. When your system is no longer in a heightened, protective state, it's often easier to relax and fully settle into the experience.



3. Follow Professional Guidance and Instructions

You should always listen to your doctor's recommendations for recovery. Check in with your doctor if you think you've reached the stage of recovery where you can try out cold laser therapy. They may recommend waiting another week, or they may give you the green light.



4. Common Timing Missteps to Avoid

Some people feel eager to try every available option as soon as possible. While enthusiasm is understandable, rushing the process can backfire. Introducing too many elements at once makes it harder to know what truly supports you and what doesn't. It's better to add one thing at a time.

5. Incorporate Cold Laser Therapy When You Are Ready

Approaching cold laser therapy after an operation works best when patience guides your decisions. When you introduce this noninvasive support at the right moment, it can fit comfortably into your recovery rather than compete with it.



Presented by:
LumaCareLasers.com

LUMACARE™