

Postpartum Recovery & Post-Op Care

Teri McElrath, Certified Post Op Care Specialist

At The Sculpt Spot, we believe every mom deserves time, care, and support as she navigates the journey of motherhood. Our commitment is to provide personalized postpartum and post-op wellness services that honor your body's healing process while helping you feel comfortable, confident, and cared for.

We understand that recovery looks different for every woman. That's why our services are thoughtfully organized into three stages of care, designed to meet you where you are in your healing journey. From gentle recovery support to restorative treatments and advanced body wellness, our goal is to create a relaxing, supportive experience tailored to your individual needs.

Your recovery matters. Your wellness matters. And you deserve to feel your best.

At The Sculpt Spot, we're honored to be part of your journey toward restoration, renewal, and renewed confidence.



The Sculpt Spot

body contouring spa

Postpartum Recovery & Post-Op Care for New Moms



Our Post-Op Care services support new moms through their healing journey after childbirth, including C-section recovery. Each stage is tailored to your healing progress, with treatments focused on comfort, wellness, and helping you feel confident in your body again.



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Stage 1: Gentle Recovery

Weeks 1-6+ • Early Healing

Gentle postpartum wellness focused on comfort and recovery, with lymphatic drainage and red light therapy, to reduce swelling and inflammation, considered when medically appropriate.



Signature Service — \$200

-  Gentle lymphatic drainage, when cleared
-  Red light therapy, when appropriate
-  Recovery consultation and wellness support



Optional Add-Ons

-  Lymphatic Drainage Facial — \$100
-  Scar Therapy — \$100, after full incision healing and clearance



STAGE

2

Stage 2: Soothe & Restore

Weeks 6–12+ • Progressive Recovery

Personalized care to support comfort and manage fluid-related swelling as your body continues to heal.



Soothe & Restore Service — \$250

- 🌿 Gentle Lymphatic drainage
- 🌿 Red light therapy, when appropriate
- 🌿 Body wrap, when medically appropriate



Optional Add-Ons

- 🌿 Lymphatic Drainage Facial — \$100
- 🌿 Scar Therapy — \$100, after full healing and clearance

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STAGE

3

Stage 3: Renew & Reconnect

Weeks 12+ · Advanced Wellness

A personalized wellness experience for moms ready to gradually return to body contouring treatments after appropriate healing and clearance.



Renewal Service — \$250

- Wood therapy, when appropriate
- Gentle Lymphatic drainage
- Red light therapy, when appropriate
- Body wrap, when medically appropriate



Optional Add-Ons

- Lymphatic Drainage Facial — \$100
- Scar Therapy — \$100, for fully healed scars when appropriate



Post Op Care Packages

Save More with a 6-Session Package

Choose any of our three postpartum recovery services and receive six sessions for just \$1,050.

Signature Service

\$1,050 / 6 sessions

Regular price: \$1,200 - Save \$150 (12.5%)

Soothe & Restore Service

\$1,050 / 6 sessions

Regular price: \$1,500 - Save \$450 (30%)

Renewal Service

\$1,050 / 6 sessions

Regular price: \$1,500 - Save \$450 (30%)

Optional add-ons, including the Lymphatic Drainage Facial (\$100) and Scar Therapy (\$100), are priced

Important Postpartum Safety Note

- Week ranges are general guidelines, not automatic medical-clearance dates.
- Recovery varies by delivery type, incision healing, and individual health.
- Obtain healthcare provider clearance before treatments, especially after a C-section.
- Scar therapy is only for fully healed skin.
- Avoid pressure near healing incisions.
- Defer heat-based body wraps if they could interfere with recovery.
- New or worsening swelling — particularly in one leg — chest pain, shortness of breath, fever, or wound changes require prompt medical evaluation.

Ready to Begin Your Recovery Journey?

We look forward to supporting you through every stage of your postpartum wellness journey. Book your appointment online and take the next step toward feeling refreshed, restored, and confident.

ONLINE BOOKING

www.thesculptspot.com

QUESTIONS

info@thesculptspot.com

Every mom's recovery is unique — your care is tailored to your healing progress and clearance.