



ogee RECOVERY[®]
PROTOCOL

RECOVERING FROM A **BBL**
LIVE YOUTUBE CLASS

PRODUCTS

YOU WILL NEED

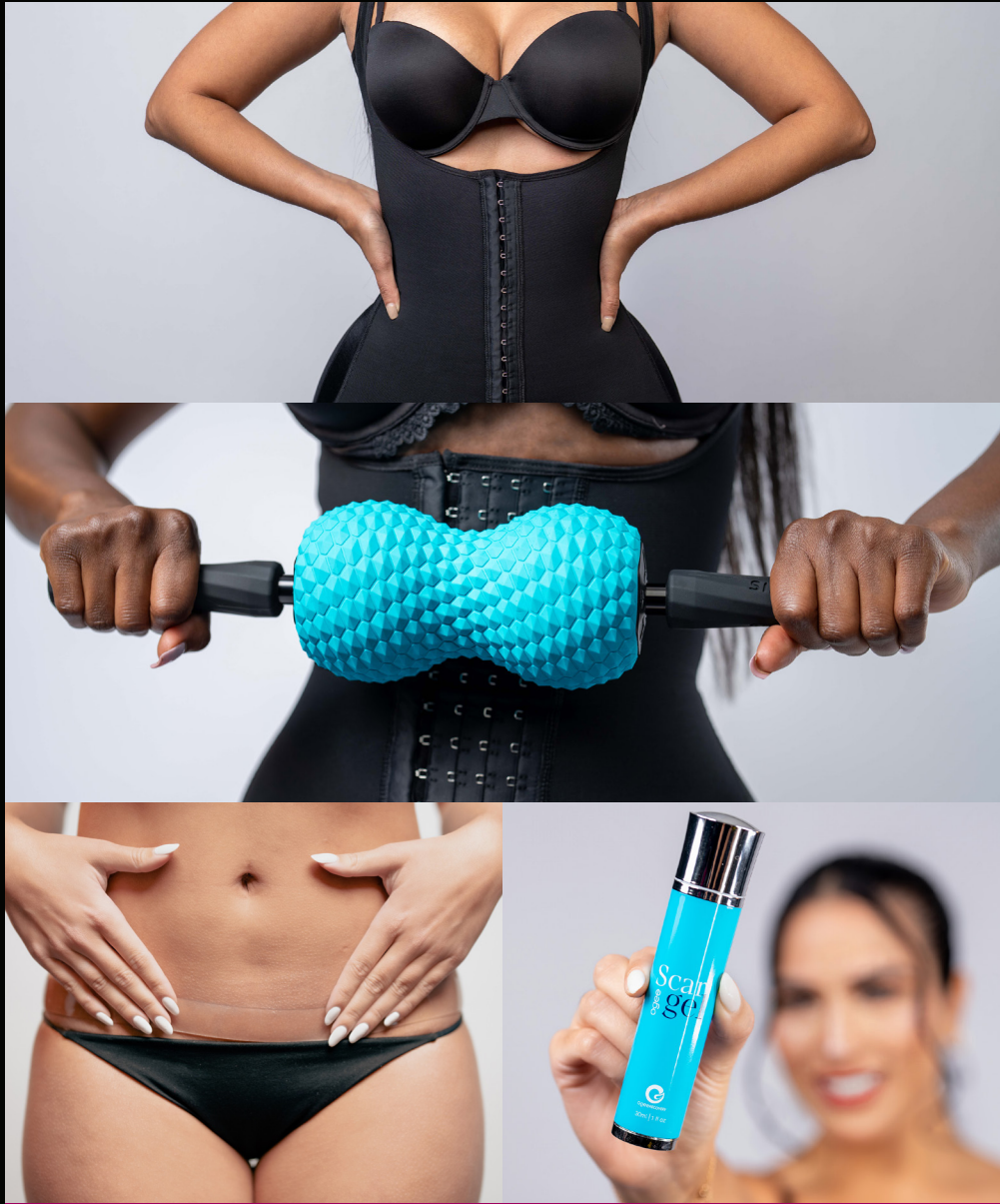
ogee faja

ROLLER

ogee
SCAR
SYSTEM

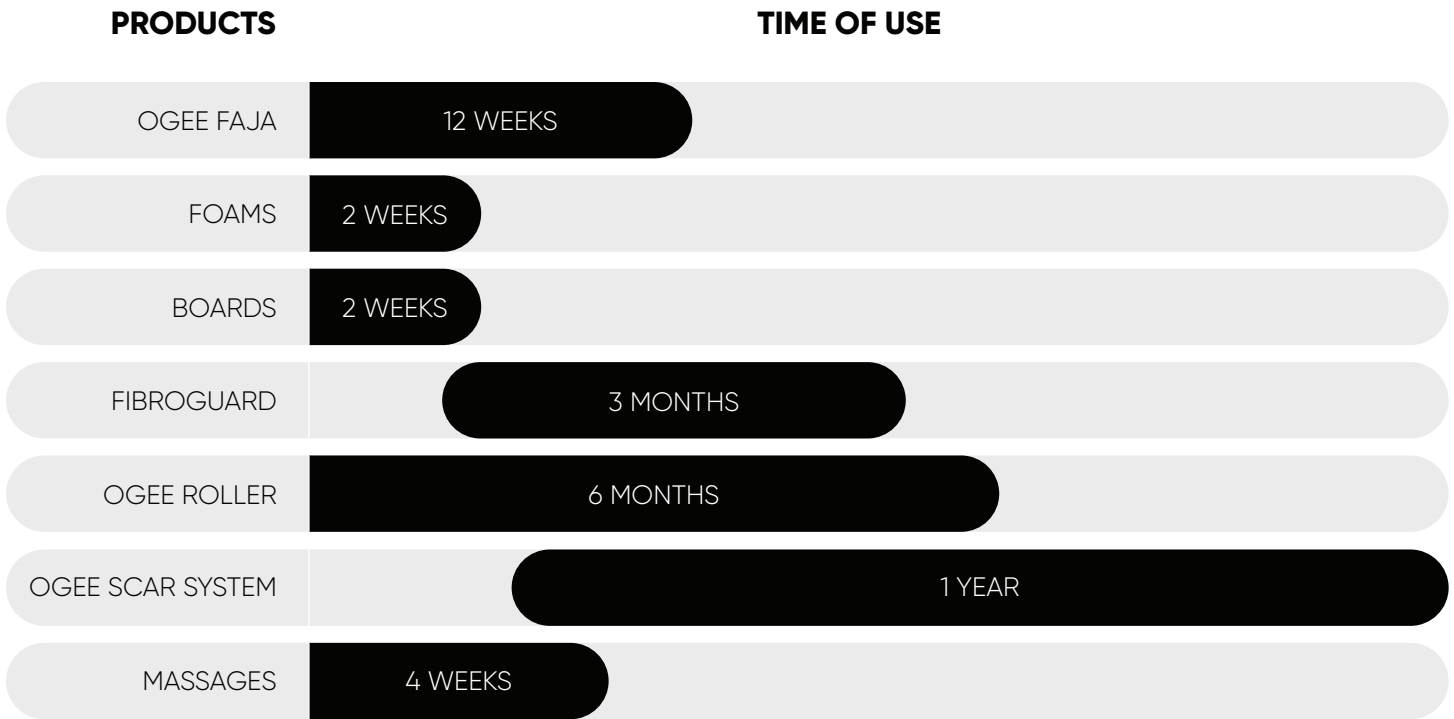


FIBROGUARD



COMING SOON

PROTOCOL TIMELINE



- **OGEE FAJA:** 6 weeks for 24 hours a day, and then 6 weeks for 12 hours a day
- **FOAMS:** 2 weeks
- **BOARDS:** 2 weeks
- **FIBROGUARD:** Start at 2 weeks
- **ROLLER:** Use for 6 months beginning on day one
- **SCAR SYSTEM:** Start at 3 weeks and continue for a full year
- **MASSAGES:** (Traditional) 2 weeks and start Manual Lymphatic Drainage for 2 weeks after that



ogee RECOVERY®