



MANUAL LYMPHATIC DRAINAGE & PLASTIC SURGERY

Face and eye lifts, breast augmentation, body sculpturing, neck, abdominal and thigh liposuction are becoming more and more sought surgeries.

Swelling, bruising and pain are very common signs after the operation. Sometimes the healing period takes so long that the patients become home bound for weeks.

Pre Operation MLD

Doctors and aestheticians report that pre operative MLD creates very favorable healing results by relaxing the nervous system and preparing the inner milieu (environment).

Post Operative MLD

During an operation, blood vessels are cut and lymph vessels can be damaged. Red blood cells and large molecular material must be drained via the initial lymph vessels (under the skin) as obligatory lymph load. If the trauma causes severe pain the lymph vessels contract spastically, hindering the drainage of the lymph fluid. If no treatment follows, a hematoma will be organized, in other words, a bruise- connective tissue cells establish themselves and form numerous collagen fibers (granulation tissue). We are all familiar with the hardened or gelatin remnants of a bruise.

If MLD begins promptly, the bruise can be drained along the lymph vessels before it becomes organized. MLD alleviates pain, so that drainage strokes can be carried out, not just at the edge of the bruise, but over it entirely.

New scars cease itching; the deep reddening becomes light and scar tensions loosen.

Before your operation it is beneficial having treatments and to discuss any areas of concern with your therapist.

After your operation a few treatments will reduce swelling, pain and bruising, helping you to speed up the healing process.

What is Manual Lymphatic Drainage? Manual lymphatic Drainage (MLD) opens up the lymphatic channels and encourages the fluid flow through its pathways; this aids elimination of excess fluid from the swollen tissues hence relieving the pain and speeding up the healing.

MLD is a specific pattern of very slow, light and rhythmic stretching of the skin in circular movements to stimulate the lymphatic vessels and nodes. The movement of the skin accelerates the re-absorption of tissue fluid into the lymphatic channels, increasing the effectiveness of excess lymph fluid filtered through the lymph nodes. Through consistent MLD, alternate pathways are created by re-routing stagnant fluid to healthy lymphatic vessels and nodes. MLD also stimulates the parasympathetic nervous system, and therefore, causes people to feel relaxed and often fall asleep during treatment.

The Treatment

Each session lasts for 45 minutes-1 hour. The treatment can start as soon as the next day. It is advisable to have an intensive course of 8-10 sessions. This means either every other day or everyday treatments. This will be discussed on your first visit according to the severity of the swelling and bruising.