

Lymphatic Massage

After Liposuction

What is Lymphatic Drainage Massage?

Lymphatic Drainage Massage, also called Manual Lymphatic Drainage (MLD), is a gentle massage that increases the flow of lymph liquids within the body.

The lymphatic system helps to reduce and remove toxins in your body and the lymph system is key to your immune system. It is important to have an active lymphatic system for your body to get rid of toxins. Simply, lymph liquids should be able to move/flow. In a healthy body, the lymph liquids flow with the help of blood pressure and movement of muscles and skeletal system.

If your lymphatic system is not active, then the lymph fluids do not flow and they build-up, meaning that they struggle in removing toxins from your body. Certain health conditions may interfere with the normal flow of lymph fluids. If you have had a surgery that causes excessive lymph fluid, your body may not be able to naturally keep up with it. MLD can improve the movement of lymph fluids in your body.

MANUAL LYMPHATIC DRAINAGE AND LIPOSUCTION

MLD helps manage the swelling and inflammation, which otherwise, may result in fibrosis (a permanent hardening of the tissue) or a seroma (pocket of fluid).

Let's look into some more questions about lymphatic drainage massage and liposuction.

How long do I need to have MLD sessions to see the benefits?

Most patients need a minimum of 10 MLD sessions to remove excessive lymphatic fluids. After the 6th session, patients can monitor how many days lapse until that "uncomfortable" feeling returns and in need of more treatment until the residual swelling caused by liposuction has completely subsided.

When do I need to start having MLD sessions after my liposuction surgery?

Each patient is different and so are their circumstances. While some patients are advised to start as early as 3 days after surgery, some are advised to wait for 2 weeks. Your plastic surgeon would be the one to advise you when to start your lymphatic drainage massages. At The Lindsey Group, we will treat you once 7 days have passed and all drain tubes have been removed.

How often do I need to have a lymphatic drainage massage?

Again, your plastic surgeon would be the one who should advise on the frequency of your lymphatic drainage massage. Usually our patients get their treatments three times per week for the first two or three weeks. Then we can back off to two sessions per week and eventually one session per week, depending upon how well your lymphatic system is dealing with the swelling.

Is there any harm from Lymphatic Drainage Massage?

No. There is no harm from lymphatic drainage massage as long as it is performed by a qualified practitioner who has been properly trained and certified.

There are a few health conditions that are not appropriate for MLD. If you have any of the following conditions, MLD may not be appropriate.

- Congestive Heart Failure, untreated
- Deep Vein Thrombosis
- Acute Cellulitis
- Active Cancer
- Kidney Dysfunction, untreated
- Hyperthyroidism, untreated (overactive thyroid)

The practitioners at The Lindsey Group Massage Professionals who perform MLD treatments are trained and are certified in Manual Lymphatic Drainage Massage.

MAKE AN APPOINTMENT

Don't wait. Manual Lymphatic Massage is highly specialized and not widely offered in our area. Therefore, we recommend a few weeks before your surgery date, you make arrangements for 6 appointments of post-surgical MLD sessions. Three sessions per week spaced 2 or 3 days apart is suggested. Doing this weeks in advance will give you greater assurance of having your sessions set on a schedule that works for you and with the proper frequency for the best outcomes. Waiting until after surgery to make arrangements can (and usually does) cause a delay in getting started.

THE LINDSEY GROUP MASSAGE PROFESSIONALS

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