

# Manual Lymphatic Drainage (MLD) Massage for Post Cosmetic Surgery Recovery



The information presented in this brochure is expanded from the information presented in the pamphlet “Manual Lymphatic Drainage Massage” (MLD) I have gathered this information from various sources, including my patients to help with your recovery from your Liposuction, BBL, Tummy Tuck, or Breast surgeries. I am not a physician or nutritionist, I am a massage therapist certified in Manual Lymphatic Drainage Massage.

*First and foremost listen to your surgeon and don't implement any of the suggestions without his or her's approval.*

The portion of the lymphatic system that we are concerned with is in the layer of fat that has just been removed. Think of the superficial lymphatic system as a tree. The leaves absorb the fluid and send it up the stem to the branches and then the trunk. After your procedure you no longer have the leaves to absorb the fluid and are now relying on the stems and branches to do this job. They were not meant for this and are very inefficient in collecting the lymphatic fluid (lymph). The cells release the fluid to quell the inflammation caused by the surgery, which is a normal part of the healing process. This process can continue for weeks and is the reason you're required to wear a faja for weeks and to change into the next smaller stage as the swelling goes down. This compresses the skin to limit the amount of swelling your skin can do. Your skin is like a water balloon and will keep swelling and become more painful and uncomfortable. That's the reason your Faja is now your best friend and will be for the near future. Your lymph vessels do grow back and your lymphatic system will return to normal in a few months.

In the mean time compression and MLD as needed is the best way to combat the post operative swelling. Your swelling won't go away over night. It may take awhile for it to recede.

How many massages do I need?

Every surgeon has their own protocol for you to follow. Again follow your surgeons advice. **I was taught one massage a day for five days, followed by three massages the following week, two massages the third week and one a week after that, as needed.** This was the protocol I was taught. Everybody is different and reacts differently to the procedures so you may need more than what is recommended.

Again always follow your surgeon's advice and listen to your body!

What to expect from your post operative MLD massage.

My procedure is different and my pressure is not as severe as what you had done at the recovery house.

**I DO NOT OPEN YOUR SURGICAL WOUNDS TO DRAIN YOU!**

You need to get undressed and get on the table face up. I provide disposable panties and bra for your comfort. I need access to you skin. In the case of BBL I use a pillow to keep your butt off the table. The first session usually lasts about one hour and twenty minutes because I explain everything and answer your questions.

- I always start at your collar bone and work out from there. This is where the lymph enters the circulatory system. I'm making room for the extra lymph.
- Then the axillary nodes (arm pit) on both sides.
- Then both sides of the chest.
- Then the inguinal nodes (groin) on both sides.
- Then the abdomen and sides.
- Then the legs and feet if needed.
- That completes the front of your body. Time for the dreaded rollover!
- I start at the shoulders and neck
- The axilla on both sides
- The upper back

- Then the Lower back
- Then the flanks
- Then the buttocks and legs.

In the case of BBL the buttocks are not massaged.

If at any time you experience sharp pain, you let me know. The massage may be uncomfortable but should not produce sharp or severe pain.

The light rhythmic touch actually causes an analgesic effect by energizing the parasympathetic nervous system.

Be careful when getting off the table as you'll be light headed.

- Everyone is different and reacts differently to the procedure and massage.
- Take it easy, allow yourself time to heal.
- Your swelling won't go away overnight
- Drink 1/2 your body weight in water daily, including the day of the massage. (it doesn't have to be water, any non-alcoholic and non-caffeinated beverage)
- Get plenty of sleep. Helps you heal.

- Pineapple juice is good especially for the bruising and soreness.
- Arnica also helps with the bruising and soreness.
- Swelling below the bottom edge of your faja including, your vulva and legs and feet is normal.
- Itching is normal, it's part of the healing process.
- As your swelling goes down, you'll feel lumps and bumps. This is normal.
- Do not diet and even increase your protein intake to help your body heal.
- After completing your antibiotics take probiotics to replenish the intestinal flora. Prebiotics to nourish and re-grow YOUR flora and reduce developing a yeast infection from candida overgrowth.
- Get MLD massage prior to your surgery to prepare for the inflammation to come.

Good luck with your surgery and recovery.

**Feel free to call or text me with questions or concerns.**

**941-223-0770 David Transue LMT, CMLDT, CMCTP, MA80965**