

Dear Dr. Thriu Lakshman,

I am writing to respectfully request your **medical approval and guidance** regarding the use of **Manual Lymphatic Drainage (MLD)** for your patient, **Susan Lissak**, who is currently recovering from gastrointestinal surgery with an ileostomy under your care on January 01, 2026. (based on client's intake form)

I am a Licensed Massage Therapist with advanced training in Manual Lymphatic Drainage. My role is **strictly supportive and non-medical**, intended only to assist with post-operative swelling management, trunk congestion, and overall lymphatic load reduction, when deemed appropriate and safe by the treating surgeon.

If approved, all MLD sessions would follow these strict parameters:

- No manual pressure applied over the stoma, ostomy appliance, or peristomal skin
- Abdominal techniques limited to **gentle, indirect, and superficial lymphatic strokes only**
- No manipulation of surgical structures or internal organs
- Immediate discontinuation of therapy if pain, discomfort, or changes in ostomy output occur

I kindly request your guidance on the following:

- Whether Manual Lymphatic Drainage is **medically appropriate at this stage of recovery**
- Any **restrictions, precautions, or modifications** you recommend
- Any specific areas to avoid or timing considerations you would like followed as part of her post-operative protocol

Your approval and recommendations will allow me to align my care fully with your surgical plan and support a safe, successful recovery for your patient.

Thank you for your time and collaboration. I truly appreciate your guidance.

Respectfully,

Criselda White, CCST, CMLDT, CLT/CDT, MTI

Licensed Massage Therapist – TX #MT129702

 Cedar Park, TX

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