

Pre & Post Treatment Advice for Manual Lymphatic Drainage (MLD)

To achieve the best possible results from your treatment, please follow the guidance below.

Before Your Treatment

Drink plenty of water throughout the day.

Avoid heavy meals, caffeine and alcohol for 24 hours before your appointment.

Wear loose, comfortable clothing.

Inform your therapist of any recent medical conditions, surgery, or changes to your health.

After Your Treatment

Continue to drink plenty of water to support lymphatic flow.

Avoid alcohol and excessive caffeine for 72 hours.

Engage in light movement, such as walking, to encourage circulation.

Avoid strenuous exercise, hot baths, saunas, and steam rooms for 24 hours.

Eat nourishing, balanced meals where possible.

You may notice increased urination, which is a normal response to the treatment.

For optimal results, a course of treatments combined with a healthy lifestyle is recommended.