

Pre & Post Treatment Advice for Post-Operative Manual Lymphatic Drainage

To support a safe recovery and achieve the best results from your treatment, please follow the guidance below.

Before Your Treatment

Ensure your surgeon or medical practitioner has approved Manual Lymphatic Drainage treatments.

Stay well hydrated before your appointment.

Wear loose, comfortable clothing that allows easy access to the treatment area.

Bring / wear any post-operative garments.

Inform your therapist of any changes to your health, medication, or recovery since your last session.

After Your Treatment

Continue to drink plenty of water to support lymphatic flow.

Wear your compression garments as advised by your surgeon.

Avoid alcohol & caffeine for 72 hours following treatment.

Engage in gentle movement, such as short walks, unless otherwise advised by your medical team.

Follow all post-operative instructions provided by your surgeon.

Consistency is key. Regular treatments, alongside your surgeon's aftercare plan, can help support a smoother and more comfortable recovery.