

10 -15 MLD SESSIONS RECOMMENDED AS STANDARD



Week

Wound Healing Expectations

MLD Sessions

Before MLD

1

Red, swollen incisions. Drains common. Peaks swelling.

NONE.

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2

Less ooze. Drains often out. Tape applied.

2x weekly (gentle).

Drink 2L. Loose clothes.

3

Sealed edges. Scar starts forming (pink/raised).

2x weekly (gentle).

2L water. Compression off.

4

Scar firm/pink. No gaps. Swelling down 50%.

2x (focus swelling).

2L. Eat light pre-session.

**GUIDELINES ONLY
- ALWAYS FOLLOW
YOUR SURGEON ADVICE**



Week

Wound Healing Expectations

MLD Sessions

Before MLD

5

Scar softens slightly.
Less tight.

1x weekly if swollen.

2L water & toilet

6

Stable scar. Residual puffiness.

1x (every 1-2 wks).

2L water & toilet

7

Fading slowly. Still sensitive.

1x if needed.

2L water & toilet

8

Tougher scar. 70% swelling gone.

1x optional.

2L water & toilet



Week

Wound Healing Expectations

MLD Sessions

Before MLD

9

Maturing (less red).

As needed.

2L water & toilet

10

50% final strength. Pink fading.

1 top-up.

2L water & toilet

11

Stronger, paler. Minor swelling.

None unless want.

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12

70% healed. Thin/pale scar.

Optional maintenance. Start wood rolling if needed.

2L if session.