

Recovery Plan:

Manual Lymphatic Drainage Massage

The Lymphatic System job is to get rid on the body toxins, waste, and unwanted materials, in addition to transport lymph - fluid containing white blood cells - throughout the body to help fight infection.

Benefits of Lymphatic Drainage Massage:

Decreasing risks of infection & Complications - Minimizing Recovery Time - Speeds up the healing proves by enhancing circulation and the flow of fluid in lymphatic vessel, Reducing Pain, Supports Relaxation and relieves stress, Reduce scar formation by boosting healing responses, Reduces swelling and fluid retention.

Treatments recommendation:

Always check with your consultant first on when to begin you MLD sessions:

Most consultants will recommend a series of 2 -3 sessions per week for the first 1 - 4 weeks. For liposuction surgeries, where the damage to the lymphatic system is more comprehensive, it may be necessary to follow a regimen for several weeks to a few months post-surgery to fully re-establish healthy lymphatic flow. More efficient healing from illness, injury, or surgery.

Once you have booked your surgery, you will need to plan your recovery in advance. In my experience 2 sessions a week is more beneficial. Usually 6 sessions is enough, some clients require more sessions.

All treatments are tailored to each clients needs, the number of sessions depend on your needs and own healing.

Price

£70.00 one session - 1 hour

Course of 6 sessions £380 saving £40. Booked and Paid in advance.

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