



More and more people are making the decision to enhance their appearance or having surgery to help with various conditions like Lipoedema.

Cosmetic Surgery – speeding up recovery

Swelling and bruising are often experienced post surgery. Recovery time varies from person to person due to many factors such as age, general health, lifestyle etc. However, a course of Manual Lymphatic Drainage (MLD) speeds up recovery.

So, what is Manual Lymphatic Drainage (MLD) and how can it help?

MLD's intensely relaxing effect masks the strength of this gentle therapy. It's a very light, massage-like treatment on the bare skin improving the efficiency of the lymphatic system which removes fluid and other waste products from the tissues.

The lymphatic system is also an important part of the body's defence against infection. It is made up of groups of lymph nodes or glands throughout the body, connected by a network of lymphatic vessels.

The therapist does not use oils or creams and does not normally wear gloves.

Cosmetic surgeons regularly prescribe MLD to improve healing and reduce recovery time. Treatment before and after surgery is often recommended to get the lymphatic system operating at optimum levels, also encouraging healthier scar formation.



The MLD Treatment – what to expect

- The first visit to a trained therapist will include a consultation.
- Where appropriate, the therapist will work in conjunction with your surgeon.
- The therapist will recommend the duration and frequency of sessions.
- You will probably be asked to remove some of your clothing and lie on a treatment couch.
- You will be covered with towels.
- As no oils or creams are used it is safe, even if you have sensitive skin.
- The gentle, pumping technique works to assist your body's natural processes.
- Afterwards, you will feel more comfortable, relaxed and even clear headed!



Are there any side effects to the treatment?

There are usually no negative side effects to MLD and it is safe to eat before and after a session. It helps to keep your fluid intake up by drinking water regularly.

You may need to go to the toilet more often as the re-energised lymphatic system starts to move excess fluid and waste.

Route to Treatment

MLD is a specialised form of treatment so it's important you go to a properly trained therapist. You can visit the MLD^{UK} website at www.mlduk.org.uk to locate your nearest accredited MLD practitioner. MLD^{UK} members are qualified, insured, and up to date in their education and practice.

TIP

Book your therapist before your operation to guarantee you can be seen at the right point after surgery.