



Nurse on the Geaux

OPTIMAL HEALTH BEYOND THE SURFACE

Manual Lymphatic Drainage

Here are some potential benefits of manual lymphatic drainage after surgery or cosmetic procedures:

1. Reduces swelling: Cosmetic surgery often results in swelling due to the trauma caused to the body during the procedure. Lymphatic drainage massages help to stimulate the lymphatic system and remove excess fluid from the tissues, reducing swelling and promoting faster healing.
2. Enhances healing: By improving lymphatic circulation, these massages help to deliver essential nutrients and oxygen to the treated area, promoting cell regeneration and tissue repair. This can result in a faster and more efficient healing process.
3. Prevents complications: Swelling and fluid retention after cosmetic surgery can increase the risk of complications such as infection and seroma (accumulation of fluid under the skin). Lymphatic drainage massages can help prevent these complications by promoting the removal of excess fluid and reducing swelling.
4. Improves the appearance of scars: Lymphatic drainage massages can help to improve the appearance of scars by promoting the flow of lymphatic fluid and preventing the buildup of scar tissue. This can result in less noticeable scars and a more aesthetically pleasing outcome.
5. Enhances overall well-being: Cosmetic surgery can be physically and emotionally stressful. Lymphatic drainage massages not only provide physical benefits but also promote relaxation and reduce stress levels. This can contribute to better overall well-being and a more positive post-surgery experience.

It is important to note that lymphatic drainage massages should be performed by a trained and experienced therapist who specializes in post-surgical care. They should be done in accordance with the specific instructions and guidelines provided by the surgeon to ensure safe and effective results.