



Nurse on the Geaux

OPTIMAL HEALTH BEYOND THE SURFACE

Manual Lymphatic Drainage

Here are some potential benefits of manual lymphatic drainage for post-partum mothers:

1. **Reduces Breast Engorgement:** Manual lymphatic drainage can help to alleviate the discomfort of breast engorgement, a common issue for breastfeeding mothers where the breasts become overly full of milk. The massage helps to stimulate the flow of lymphatic fluid which can alleviate swelling and discomfort.
2. **Clears Blocked Milk Ducts:** Regular lymphatic massages can help to prevent and clear blocked milk ducts, which can be painful and can lead to mastitis, a condition that may require medical intervention.
3. **Enhances Milk Production:** The stimulation from the massage enhances blood circulation to the breasts, which can help to increase milk production.
4. **Promotes Relaxation:** Breastfeeding can sometimes be a stressful experience for new mothers. The gentle, rhythmic movements of a lymphatic massage can help promote relaxation and reduce stress levels, which can in turn improve the breastfeeding experience.
5. **Improves Immune System:** The lymphatic system is a major component of the body's immune system. Regular lymphatic massages can help to strengthen the immune system, which can be beneficial for both the breastfeeding mother and baby.
6. **Faster Recovery Post-Birth:** By improving circulation and promoting the body's natural healing processes, manual lymphatic drainage can aid in a faster recovery post-birth, allowing mothers to focus more on caring for their newborn and less on their own discomfort.
7. **Improves Overall Breast Health:** Regular massages can help to maintain healthy breast tissue, reducing the risk of issues