

MANUAL LYMPHATIC DRAINAGE

The lymphatic system is responsible for removing excess fluid or “swelling” and waste/toxins, including dead and damaged cells or “bruises” from our bodies.

The lymphatic vessels are very similar to the blood vessels in our bodies and are located through a vast network. However, unlike the blood, it is a one-way system and doesn't circulate the body with the heart pumping the blood instead it has to rely on a natural rhythm. This rhythm can be forced to speed up with **Manual Lymphatic Drainage** and hence made to work much more efficiently.

After Vaser Liposuction the area “swells”. This is a natural response as the body produces a “cushion of fluid” around the “damaged” area so it can be protected while it heals itself. Wearing a compression garment limits the amount of fluid “swelling” that is produced.

The lymphatics will gradually remove the swelling plus any dead blood cells or “bruises”. Because we are all unique the time it can take varies. However, sometimes the lymphatic system can become overwhelmed and can't remove the excess fluid or “swelling” quickly enough. Pockets of fluid become trapped causing hard uneven areas. The application of **Manual Lymphatic Drainage** causes the lymphatic system to work more efficiently thus helping to prevent this happening. If it does occur, **Manual Lymphatic Drainage** encourages the hardness to disperse and the body to remove it naturally.

Lymphatic vessels are very tiny and fragile hence **Manual Lymphatic Drainage** must be extremely gentle; a side effect that is also very relaxing!

To have the full benefit of **Manual Lymphatic Drainage** after Vaser Liposuction it is best to receive a treatment as soon as possible after the procedure; this can be done from the day after treatment. If there are drains, another session following their removal would be beneficial and, in some cases, a further follow up treatment may be necessary.

It also helps to self-massage the area with clean hands on the treated areas when possible (e.g. when showering). We can provide you videos (links attached) to help with this – please click appropriate link according to your surgery, alternatively we can show you here at the clinic with our nurses, if you book an appointment.

Abdomen - <https://youtu.be/oFbnVBQVJMI?t=322>

Flanks - <https://www.youtube.com/watch?v=oFbnVBQVJMI&feature=youtu.be>

Correct Pressure - https://youtu.be/_um2Hbczfaw?t=119

Arms - <https://youtu.be/dfcTMO8xxpU>

Legs - <https://youtu.be/CTGqYOKOvfU>

