

## 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** has to be extremely gentle; a side effect that is also very relaxing!

If there are drains, another session following their removal would be beneficial and, in some cases, a further follow up treatment may be necessary.

We advise you to start your Manual Lymphatic Drainage massage 2 days after your procedure. On average, we suggest 5-7 sessions in the first 21 days after surgery, but Dr Comins and the therapist will also guide you on booking sessions.

We advise you to self-massage during too. With clean hands on the treated areas when possible (e.g. when showering). We have provided you with a self-help video to help you with this (see below). You can use a brush like [this](#) for your massage.

You'll need to think about your first session 2 days after your surgery takes place, we also have a few therapists I'm happy to share the details of or if you wish to find a therapist closer to home please use [this link](#).

If you are having issues organising MLD massages please let us know.

[Self-Massage MLD](#)

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For those patients based in London, our former colleague Natalja Andrejeva, registered nurse, is now offering full aftercare MLD treatment and is specialised in Vaser lipo aftercare. She is available up to 4 days a week, including Sundays. Her details are below:

Natalja Andrejeva

07473331414

<https://mldme.co.uk/>

Please find the details of our recommended therapists based in central London below. If you wish to find a therapist closer to home, please use this [link](#). If you are having issues organising MLD massages please let us know.

- London: Giseli Severino – 07734 940945 - [Gi-giselibeauty@outlook.com](mailto:Gi-giselibeauty@outlook.com)
- London: Sossi Yerrisian - 07815 633628 - [sossi.y@ntlworld.com](mailto:sossi.y@ntlworld.com)
- London & Essex: Essential Feeling - 07757 946023 - Online booking <https://bit.ly/BookMLDHP>

