

One of the main benefits of the implementation of the lymphatic drainage has been without doubt the science of cosmetology. Lymphatic drainage has revolutionized the way patients are recovered after cosmetic surgery (liposuction, Brazilian Butt Lift or BBL, breast augmentation, buttock lift etc.).Lymphatic



massage, as it is also called, accelerates the movement of the lymphatic system so that toxins and waste arising from the natural process of healing our bodies are removed more quickly. As the breakdown of tissues occurs in the case of cosmetic surgery, the body begins the process of reconstruction. This recovery process is not perfect so it appear seroma product fluid producing excessive scarring, causing visible irregularities in the skin which leads to the formation of fibrosis. Manual lymphatic drainage is the basis of all post-operative massage.

Manual Lymphatic Drainage

After Lipo Therapy . Your therapist combines manual lymphatic drainage and other modern techniques, such as ultrasound, ultra-cavitation and vacuum therapy.

The result is a dramatic improvement experienced by our clients since the early post-operative massage sessions, reduced edema, pain and feelings of discomfort that are relieved and are appreciated by our clients after each massage session after surgery.

More importantly it eliminates or reduces fibrosis in cases of clients who come to our specialists a few days after the surgery is done. Percentages of development of fibrosis are very low in patients who have thought considerably in taking their postoperative massages and lymphatic drainage after cosmetic surgery and have already developed fibrosis have been reduced in most cases. This unwanted effect goes away leaving a smooth skin and without irregularities in our patients.

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24hr cancellation required or 50% last minute fee will be charged or a 100% No-Show fee will be charged.

Post-Surgical Manual Lymphatic Drainage

Lymphatic Massage, Main applications: Pre & Post Liposuction, Tummy tucks, Breast Augmentation, Breast Implants, Brazilian Butt Lift, and other cosmetic surgeries.

Lymphatic Massage (Lymphatic Drainage) is ideal for a full and effective recovery after any type of surgery. It is the base of all treatments, and our specialists recommend starting with this type of massage at two or three days after the date of the surgery, taking into account the patient's general condition.

The manual lymphatic massage main objective is **to eliminate fluids and toxins that stagnate due to the rupture of lymphatic vessels in the area of the surgery** and that cannot be eliminated by the circulatory system because of its large size and quantity.

Post Surgical Manual Lymphatic Drainage

The lymphatic massage (lymphatic drainage massage) can be manual or assisted by specialized teams and involves maneuvering and slow movements in and nearby the affected areas. Maneuvers and



movements are usually painless according to the patient's condition.

The lymphatic massage will be applied in sessions with a maximum duration of 45 minutes to one hour each. Our recommendation is at least 6 sessions of lymphatic massage for patients, and between 10 and 12 sessions is the ideal number of lymphatic massage that each patient should receive.

Main Benefits of Post-Surgical Manual Lymphatic Drainage:

- Reduces the hematomas and the pain
- Relieves post-surgical edema
- Reduces the possibilities of developing fibrosis
- Stimulates the lymphatic system
- Doesn't leave scars
- Mobilizes waste substances and waste from the surgery
- Accelerates the regeneration of the tissues.
- It's painless
- It's not invasive

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Frequently Asked Questions

What is Manual Lymphatic Drainage?

Manual lymphatic drainage is a technique created by German scientist Vodder. This modern massage technique involves applying smooth monotonous and repetitive movements to certain areas of the human body that try to mimic the movements of our body when we breathe in order to mobilize the lymph.

Repetitive and monotonous movements of manual lymphatic drainage are intended to mobilize lymph fluids in our body, it should be noted that the lymphatic system does not have a drive motor as does the circulatory system so the movements are slow lymph compared to the entire human body. Lymph carries through toxic waste substances to be eliminated naturally by the body's lymphatic channels.

What is known about Lymph?

Lymph is a clear fluid that runs through the lymph vessels of our body. Lymph is composed of: water, minerals, organic substances, proteins, leukocytes, among other cell types that help defend the body in any area of the body.

Applications for manual lymphatic drainage:

Manual lymphatic drainage is widely used today in reducing chronic edemas known as lymph edemas, which for various causes is liquid retained in considerable quantities in the upper or lower limbs causing disorders in the patient's mobility.

What I need time to recover from surgery?

Keep in mind that all bodies are different and each person will need a different space time to recover. Also everyone will need a different number of massage sessions that will be determined by several factors, including the patient's lifestyle, discipline before the treatment and indications therapist, type and area of surgery, among others.

When should I start receiving lymphatic drainage massage after surgery?

It is generally recommended for 3-5 days after the transaction date, you can consult with your doctor about the start date of the lymphatic drainage.

How often should I get massages after the surgery?

If you choose to begin receiving the first 3 weeks between massages after the date of surgery, we recommend daily sessions for a week and after 2-3 sessions in the coming weeks. If you start the treatment past the first 3 weeks of the date of surgery it is recommended 2-3 sessions per week.

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Can lymphatic drainage harm me?

When patients receive this type of massage from a professional, his health never be harmed; on the other hand will speed up the recovery.

Why do I need ultrasound?

Ultrasound increases the circulation of blood and oxygen arrival to the area where it is applied helping to stimulate the regenerative capacity of tissues in the affected area. Furthermore, the ultrasound promotes absorption of fluids, fact that causes a decrease in inflammation. It has proven highly analgesic power, which relieves pain in surgically treated areas.

Are normal skin irregularities after liposuction or a tummy tuck?

In a high number of patients irregularities or pellets are present in the area under surgery, these irregularities or pellets are the result of the fibrosis that is caused by several factors, among which the removed fat but that was not removed in the process and surgical scar tissue that accumulates in excess in areas where they have spent the cannulas used to extract the fat.

How do I know I have Fibrosis?

You should begin to feel the area under surgery and if you notice skin hardness and irregularities in circular form, racimitos grapes, cords, strips with little knots or papery skin then you may be experiencing Fibrosis.

What are the benefits of Ultra cavitation?

The Ultra Cavitation is a noninvasive technique that aims to reduce fat quickly. For this make affect specific frequency ultrasonic waves in areas of fat accumulation. Ultrasounds are vibrations (sounds) able to exploit only the fat particles since the frequency specified providing Ultra cavitation machines only have a direct effect on these fat particles.

I am pregnant, when I can begin receiving massage?

After the first three months of pregnancy you can start receiving circulatory massage, relaxation massage and lymphatic drainage, only one session per week lasting 30 to 50 minutes. After delivery you can continue getting massages.

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Tips for before your surgery

Manual lymphatic drainage massage

Preoperative lymphatic drainage massage helps prepare your body for surgery; lymphatic drainage massage will help you eliminate toxins and waste. After Manual lymphatic drainage massage your blood will be cleaner allowing greater circulation of oxygen and nutrients throughout your body that will make the process of recovery after surgery easier.

We recommend a session of entire body manual lymphatic drainage massage weekly for 4 weeks prior to your surgery.

Avoid cigarettes

If you smoke regularly it is recommended that you quit smoking before surgery. Your lungs will have better ability to face the surgical process. Besides that this will help to oxygenate blood and heal wounds faster.

Avoid alcohol

Alcohol as well as smoking is a risk factor for your surgery. The consumption of alcohol prior to surgery can cause unexpected complications like infections and significantly delay your post-operative recovery.

Tips for after your surgery

Manual lymphatic drainage massage

The post-operative manual lymphatic drainage massage is the key to a quick and effective recovery after your surgery. Manual lymphatic drainage massage accelerates postoperative recovery, the swelling and bruising disappear faster if you get your sessions of manual lymphatic drainage between two or three days after your surgery.

The risk of developing fibrosis decreases considerably when you receive postoperative lymphatic drainage massage. Remember that manual lymphatic drainage massage is nothing casual and should be administered by a certified massage therapist in manual lymphatic drainage and postoperative body treatments.

Be constant and you will see the results.

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Always follow your doctor's instructions

Precisely follow every indication provided by your doctor, we must be disciplined and comply with the instructions specialists give us as they are aimed to make your surgery a less traumatic and painful experience.

The use of postoperative garments is very important

The postoperative girdles are an ally in the recovery, help drain the body preventing inflammation and in turn outline your figure. The garment used should be tight on the body so as to enable drainage of fluids through the lymphatic system but not overly tight to the body to avoid damaging the function of the circulatory system. You must use the garment most of the time during the day and rest at night. Ask your doctor about how long you should use the garment.,

Our personal recommendation is that you avoid the garments that have zippers; we particularly recommend those with brooches.

You should drink plenty of fluids, especially water. Pineapple juice is very beneficial.

Eat healthy; avoid foods high in fat, sugar and spices. Avoid violent movements, and aerobic exercise for long periods of time, in return gives short walks. Avoid cigarettes and void alcohol.

How to Schedule or Purchase Massage Series

To schedule a manual lymphatic Drainage or purchase Series of either 6, 10 or 12 Sessions go to:

Somaticmassagepc.com

1. Click Book An Appointment
2. Click on Shop Online

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