

Elective Surgery – speeding up your recovery



The result of elective surgery in the initial stages of healing is swelling and bruising. The time it takes for the skin to recover differs from person to person due to many factors such as age, overall health, lifestyle, etc., however, MLD treatments can make the healing process MUCH faster.



What is MLD and how can it help?

MLD is one of the best kept secrets to resolving initial after effects, such as bruising and swelling, that patients experience post surgery. It is important to note that this is a normal process. MLD is a very gentle, light manual

massage that improves the efficiency of our body's waste disposal system known as the lymphatic system. The specific techniques gently stimulate the skin which influences the rate of removal of waste products, toxins and excess fluid from the body's connective tissues through the lymphatic vessels. It also has a very soothing and analgesic effect on the soft tissues of the body. Treatments pre and post surgery are highly recommended to get the lymphatic system in peak condition to help reduce the swelling and bruising, thus keeping the system operating at optimum levels to accelerate the healing, encourage better scar formation and ultimately decrease your recovery time.

What to expect with your MLD treatment.

It is important to seek out a therapist who has proper training in MLD. Some of the most well-trained MLD therapists are *Vodder certified*. These therapists have taken extra courses to thoroughly understand the lymphatic system and when to, and, when not to, treat certain conditions or complications. During your initial visit a treatment plan will be suggested to maximize your results. The MLD treatment is very

similar to a massage therapy treatment in that you will be asked to disrobe and get onto a massage table. As described during your initial treatment, specific areas of the body will be treated with the gentle, rhythmical touch of MLD. No oils or lotions are used during your MLD treatment because the pressure is very light. Once on the table, in the qualified hands of your MLD therapist, you can lie back and enjoy one of the most relaxing treatments you have ever experienced.

Are there any side effects to MLD treatments?

There are usually no bad side effects after an MLD treatment. Some people may experience fatigue and report that they slept really well. It is highly beneficial to drink water after your treatment and you may notice an increase in the need to go to the bathroom. This is a positive side effect as the re-energized lymphatic system begins to process and remove excess fluid and waste.



For more information

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