

## **Manual Lymphatic Drainage**

***A gentle physical therapy to stimulate lymphatic drainage, reduce swelling and improve healing***

Manual Lymphatic Drainage or MLD is an advanced skin massage technique. The therapy gently stimulates the lymphatic system; increasing the removal of waste, fluid and toxins from the area. As a result, MLD works to support healthy function and healing.

### **What is Manual Lymphatic Drainage?**

Manual Lymphatic Drainage is a gentle method of skin massage. The therapy gently stimulates the lymphatic system; increasing the removal of waste, fluid and toxins from the area. As a result, MLD works to support healthy function and healing. The specialist MLD practitioners at Bella Vou use light skin massage and rhythmic pumping techniques to gently move the skin in the direction of lymphatic flow.

The massage stimulates the drainage of lymph and boosts the removal of waste products from the area. The lymphatics are the body's waste disposal system, collecting any toxins that we need to get rid of. As a result, MLD offers many benefits including speeding up healing following cosmetic surgery, reducing pain, swelling and bruising and maintaining your body's normal healthy function.

### **Why have Manual Lymphatic Drainage?**

At Bella Vou, Manual Lymphatic Drainage is frequently used together with Deep Oscillation® Therapy to improve post-operative recovery. Manual Lymphatic Drainage can reduce swelling and bruising; therefore easing pain and accelerating healing after surgery.

The cosmetic surgeons at Bella Vou recommend MLD during recovery from a number of procedures, including Vaser Liposculpture, Tummy Tuck, Liposuction and Breast Surgery.

MLD can also improve healing following fractures and soft tissue injuries. The therapy can ease symptoms for people living with chronic conditions such as rheumatoid arthritis, migraines, sinusitis, irritable bowel syndrome (IBS) and acne. It offers benefits for people in which the lymphatic fluid builds up, including fibromyalgia, cellulite and lymphoedema.

### **What happens in Manual Lymphatic Drainage?**

The specialist therapist uses their hands to gently move the skin and stimulate lymphatic flow. Techniques can include rhythmic cupping, stroking and soft circular massage. All the methods are gentle, so treatment is relaxing, pleasant and pain free.

## **How long is recovery from Manual Lymphatic Drainage?**

MLD is gentle and you should be able to get on with normal activities immediately following treatment. However, for anyone recovering from surgery, it's important to follow your surgeon's post-operative advice.

The massage has rapid effects. Many patients notice reduced swelling and pain following treatment, limbs can feel lighter and more mobile. A programme of repeat treatments may be necessary to assist recovery.

## **Quick glance guide to Manual Lymphatic Drainage**

**Procedure Time:** Depends on the area to be treated, but around 60 minutes

**Recovery:** There is no downtime following the procedure

**Anaesthetic:** No anaesthetic necessary

**Hospital stay:** No

**Treats:** Improves healing following surgery or injury. Treats cellulite, fibromyalgia and lymphoedema.

## **Why choose Bella Vou for Manual Lymphatic Drainage?**

Bella Vou offers clients a uniquely individual approach to cosmetic surgery and aesthetic treatments. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want, and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards. The staff at Bella Vou are professional, highly qualified and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

***Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort and discretion of a spa and the hospitality of a five star hotel.***

## **Your Manual Lymphatic Drainage journey at Bella Vou**

**Free, no obligation consultation**

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss any concerns you have, the results you want to achieve and advice on whether MLD can help you reach those goals.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

*‘At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.’*

### **Preparation for Manual Lymphatic Drainage**

No specific preparation is needed for your therapy. If you have any concerns the staff at Bella Vou will always be on hand to answer your questions and offer support.

### **What happens during Manual Lymphatic Drainage**

Manual Lymphatic Drainage is carried out as an outpatient procedure. It is not painful, so no anaesthetic is necessary.

The therapist uses their hands to gently warm, massage and stroke the skin in the direction of lymphatic flow. The treatment is very gentle. The lymphatic drainage points are immediately below the skin. So, light touch is enough to encourage the fluid to move into the lymph vessels. As a result, the treatment should be soothing and deeply relaxing.

### **Recovery from Manual Lymphatic Drainage**

After the procedure most people are able to go home and get on with normal activities. However, the staff at Bella Vou are always on hand to offer you a drink or a snack and answer any questions.

### **FAQs**

#### **Should anyone avoid MLD?**

MLD is generally a safe and gentle treatment. However, some people should avoid therapy and see their doctor. This includes people with heart failure, sepsis and acute renal failure.

Lymphoedema frequently develops following cancer treatment. For many people MLD can offer some relief from swelling and discomfort. However, people with malignant lymphedema as a result of active cancer should see their oncologist or cancer specialist before seeking therapy.

#### **Does MLD replace other forms of therapy?**

MLD does not replace other therapies, however it is the treatment of choice in conditions such as lymphoedema . Many treatments including **Deep Oscillation® Therapy** also offer significant benefits. At Bella Vou the therapies are often used together. The effects are intensified, so that the patient achieves the best outcome.

**Can you perform MLD yourself?**

Many people living with fibromyalgia, lymphoedema or other chronic conditions can learn Manual Lymphatic Drainage to help maintain their wellbeing in between treatments.

If you would like to learn more, speak to the specialist therapist at Bella Vou. They will provide support and guidance and recommend safe and reliable information resources.