



## Cosmetic Surgery – speeding up recovery

**A**ccording to the British Association of Aesthetic Plastic Surgeons, more and more people are making the decision to enhance their appearance through cosmetic surgery. Some of the most popular procedures opted for by men and women include breast augmentation, eyelid, face and neck lifts, liposuction and rhinoplasty.

A downside of cosmetic surgery is the initial after effects, such as swelling and bruising, which are experienced by patients post surgery. The time it takes for the skin to recover can differ from person to person due to many factors such as age, general health, lifestyle etc, however, a course of MLD treatment makes the healing process MUCH faster.



### What is Manual Lymphatic Drainage and how can it help?

Described as “One of the best kept secrets on the health and beauty scene”, MLD’s intensely relaxing effect masks the strength of the treatment itself. It is a very gentle, light touch massage that improves the efficiency of the lymphatic system – the body’s waste disposal system. Specific and gentle movements of the skin stimulate and increase the rate of removal of waste products, toxins and excess fluid from the body’s tissues.

MLD is regularly prescribed in Europe to improve healing and reduce recovery time after cosmetic surgery. Treatment pre and post surgery is often recommended to get the lymphatic system in peak condition to help reduce the swelling and bruising, keep it operating at optimum levels to accelerate the healing process, encourage better scar formation and ultimately reveal the new you in less time.

### The MLD Treatment – what to expect

The first visit to a trained MLD<sup>UK</sup> practitioner will include a consultation during which the therapist will recommend the number and frequency of future sessions. Each session will last approximately one hour. Where appropriate the therapist will work in conjunction with your medical practitioner.

At an MLD session you will be asked to remove some of your clothing and lie

down on the treatment bed where you will be covered in towels to keep you warm. You are now in the qualified hands of your MLD therapist, so lie back and enjoy one of the most relaxing treatments you have ever experienced.

As no oils or powders are used it is completely safe even for those with sensitive skin.

### Are there any side effects to the treatment?

There are usually no bad side effects and it is perfectly safe to eat before and after a MLD treatment. It helps to drink some water after your treatment and you may need to go to the toilet more often, as the re-energised lymphatic system starts to recycle excess fluid and waste. After an MLD treatment, you should feel more relaxed and clear headed!

### Finding a Therapist

MLD is a specialised form of massage, so it is important that a properly trained therapist delivers the treatment. To find an accredited MLD practitioner near you, visit the MLD<sup>UK</sup> website at [www.mlduk.org.uk](http://www.mlduk.org.uk) or call 0844 800 1988. MLD<sup>UK</sup> members are qualified, insured, and up-to-date in their education and practice.

### About MLD<sup>UK</sup>

MLD<sup>UK</sup> is a professional association of manual lymphatic drainage practitioners. It ensures a high standard of training amongst its members, promotes the education of health professionals with regard to MLD and raises public awareness of MLD and its therapeutic applications.

For more information  
and to find your nearest MLD<sup>UK</sup> therapist:

call  
0844 800 1988

visit  
[www.mlduk.org.uk](http://www.mlduk.org.uk)