**Post-Operative Lymphatic Drainage**

One of the biggest mistakes that people make with cosmetic surgeries is not planning enough recovery time, nor investigating the best methods for enhancing recovery. Lymphatic drainage is becoming essential both before surgery and after. Many patients experience pain, swelling, sleep disturbances and bruises after surgery and have few options to handle these uncomfortable symptoms. Without proper support, healing can be limited, and recovery can take much longer than anticipated.

Lymphatic drainage vessels can be cut and damaged during surgery which lead to reduced healing, the appearance of scar tissue and uneven skin texture. Decongestion of the lymphatic system is essential to bring back normal texture, definition and tone of skin. Numerous studies have shown the benefits for:
- liposuction
- breast augmentation or breast reduction
- breast reconstruction
- facelifts
- forehead lift, brow lift
- blepharoplasty (eyelid surgery)
- abdominoplasty (tummy tuck)
- fat injections (e.g. Brazilian butt lift)

Lymph drainage around the areas of liposuction and other plastic-surgery treatments greatly facilitates healing, helps to smoothen areas and eliminate lumps and indentations, contouring the skin so that your procedure is less noticeable over time. It also helps with normal movement of the skin and reduction of scarring. In Europe and South America, surgeons have been prescribing lymphatic drainage on a pre- and post-operative basis for decades, and the treatment has been established as standard practice. In the US, the benefits of the treatments are only now being fully appreciated.

Typically, plastic surgeons recommend that their patients receive anywhere from 2 to 3 sessions per week for up to one month following their surgery (10-20 sessions). In South America, it’s not uncommon to receive this essential therapy even more often which may explain the incredible results cosmetic surgeons are famous for in those countries.

Lymphatic Drainage can even be extremely beneficial to an upcoming plastic surgery procedure. You should have your treatment 24 to 48 hours before surgery. This treatment will help prepare your body’s immune system for the surgery, helping to fortify it against the upcoming trauma.