

**LYMPHATIC DRAINAGE**

Lymphatic Drainage Therapy is a very gentle and effective massage that stimulates the Lymphatic System (The Body’s Plumbing System). It is a rhythmical and deeply relaxing treatment, where the skin is methodically stretched towards directions of lymphatic flow treating fluid retention and oedema while supporting the immune system and cellular detoxification.

The Lymphatic System has a vital role in the body as part of the immune system, which protects the body against infection and the development of cancer. It transports nutrients to cells and eliminates metabolic wastes, toxins and excess fluid from the body. When the lymphatic system becomes blocked, lymphatic fluid builds up and stagnates, causing the entire system to become toxic. Lymphatic Massage helps clear the blockages; eliminates excess fluid, metabolic wastes and toxins from the body, transport nutrients to cells and increase metabolic efficiency. This all adds up to the reduction of excess fluid and assists in weight reduction. As an added bonus, it also has a calming effect on the nervous system and helps relieve stress and tension.

Lymph Drainage not only helps to smooth away wrinkles and fine lines, it is important for other functions of the body. The Lymphatic System helps to remove toxins from the cells and that helps to keep us healthy. The Lymphatic System doesn’t have a pumping mechanism on it’s own, so Lymph Draining helps to naturally encourage the natural circulation of lymph through the body.

Our mechanical form of Lymphatic Drainage, will cleanse your skin deeper than the surface by removing inflammatory products, toxins and cellular debris. The result is more efficient transportation of nutrients and oxygen to skin cells and improved healing. This relaxing treatment is ideal for dull and sluggish skin due to environmental pollutants, smoking, heavy medications, acne and post surgery conditions.



**LYMPHATIC DRAINAGE PRE/POST OP**

**Pre-Op Benefits?**

Mechanical Lymphatic Drainage Therapy (MLD) is also beneficial before surgery. 2 – 5 treatments are recommended with the last session 24-48 hours prior to surgery. Treatments will prepare your body by clearing fluid accumulation, detoxification and removal of cellular debris.

**Post-Op Benefits?**

The Lymphatic System is naturally compromised after the trauma of a surgery. The incisions made cut through lymphatic vessels that are crucial for carrying away excess fluid and cellular debris. These vessels will begin to regenerate in about 2 weeks. Until then, MLD will reroute lymph to healthy vessels which will reduce swelling, clear bruises faster, and minimize scar tissue. All this will accelerate your healing time during this critical recovery phase. MLD is also preferred because of its gentle technique. The light pressure and rhythmic flow of the procedure is very calming. It is recommended to have 2-5 sessions per week beginning 24-48 hours following surgery.

**What Happens After?**

After your MLD treatment, it’s important to drink plenty of water. It’s possible you could feel some mild, flu-like symptoms depending on how much strain your body has been under prior to treatment because of environmental pollutants, medications and diet, especially when alcohol and sugar are concerned. It is imperative to follow your surgeons’ pre & post-surgery instructions and wear your post compression garment prior to and after each session to maximize results!

*Recommended Pre-Op? Daily for 3 days minimum pre-surgery, 5 days minimum post-surgery*

*Recommended Post-Op? 2 – 3 times per week over a period of 5 weeks, with a minimum of 10 session*



**Absolute Contraindications**

**Acute inflammation:** caused by bacteria, viruses and poisons are contraindicated. Tissues will be red, hot, and painful with congestion accompanied by fever. Lymphatic drainage will push these substances into the lymph channels before the body has a chance to eliminate them. This way one can spread the toxic substances throughout the body. It is best to wait a few days until the condition is not acute and the body has had a chance to clean up the area. Acute Congestive heart failure & acute renal failure.

**Malignant tumors:** there is a fear of spreading the cancer or undiagnosed cancer.

**Thrombosis:** can lead to free floating blood clots in the circulatory system. Active blood clots or active bleeding.

**Major heart problems:** if the heart is not fully functioning, oedema can be lymphodynamic due to a lack of venous return. Pumping more fluid in the heart it may stress it more than the actual condition.

\*Lymphatic will not be performed under these circumstances

**Relative Indications or Precautions**

**Kidney problems:** check with the physician before treating.

**Bronchial asthma:** this can stimulate the vagus nerve bringing on an attack.

**Thyroid problems:** no treatment around the throat.

**Medications:** fear of increasing the dosage by draining the interstitial spaces.

**Chemotherapy:** fear of increasing the dosage by draining the interstitial spaces.

**First three months of pregnancy:** fear of miscarriage.

**Removed spleen:** recommend shorter session first.

**Menstruation:** MLD can increase the flow.

\*Lymphatic will be performed only with Doctors approval and letter for provider’s records

Please bring to appointment



Mechanical Lymphatic Drainage

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City, State & Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Referred by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For what reason are you seeking Mechanical Lymphatic Drainage:

CHECK ONE: \_\_\_\_\_\_ Therapeutic \_\_\_\_\_\_ Medical Issue

If you are here for a medical issue, when did the problem start? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . Please describe your problem including where it is and its severity. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you currently undergoing cancer treatments? If you have or have had cancer, a doctor’s letter of approval is needed for your Aesthetician’s records. \_\_\_\_\_Yes \_\_\_\_\_ No

If yes, date of last chemotherapy treatment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

Personal History of Illness

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Illness | Y | N | Illness | Y | N |
| Cancer |  |  | Allergies (during attacks)  |  |  |
| Rash/Inflamed Skin  |  |  | Thyroid |  |  |
| Fever/Infection  |  |  | Use of Blood Thinners  |  |  |
| Heart Kidney or Liver Disease  |  |  | Organ Transplants  |  |  |
| Asthma  |  |  | Pregnancy |  |  |
| Diabetes  |  |  |  |  |  |

\_\_\_\_\_\_\_ I understand that the Mechanical Lymphatic Drainage I receive is provided for the basic purpose of improving the flow of my lymphatic system and also for relaxation.

\_\_\_\_\_\_\_ I affirm that I have stated all my known medical conditions and answered all questions honestly. I agree to keep the Aesthetician updated as to any changes in my medical profile and understand that there shall be no liability on the Aesthetician part should I fail to do so.

\_\_\_\_\_\_\_ I am over 18 years of age or I have parental consent co-signed below.

\_\_\_\_\_\_\_ I will call to inform my service provider of any complications or concerns I may have as soon as they occur.

\_\_\_\_\_\_\_ After the consultation and review of the information you have provided on this form, it will be determined if MLD should be administered to you today.

\*Please Note: Mechanical Lymphatic Drainage (MLD) is a very powerful modality and certain medical conditions are contraindications and determine if and when you can receive a session.

Some conditions will require a note from your doctor before proceeding. Please understand this is for your safety and well-being. Your health is important to me. The following conditions include: **Acute inflammation, Malignant tumors, Thrombosis, Major heart problems, Kidney problems, Bronchial asthma, Thyroid problems, Medications, Chemotherapy, Pregnancy, removed Spleen.**

My signature acknowledges that I have read and agree to receive the treatments or series of treatments and that I will adhere to all of the aforementioned statements that I have initialed. This consent form acknowledges any future/ongoing Lymphatic Drainage treatments.

Client Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Service Provider Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_