

## ***Seven Ways Lymphatic Massage Helps Heal Liposuction, Tummy Tuck and Breast Augmentation Surgeries***

Cosmetic surgery can give you desired physical enhancements, but healing and recovery are often accelerated with skilled bodywork. Liposuction, tummy tucks and breast augmentation are invasive surgeries that may require extensive healing. Lymphatic Drainage, Myofascial Release and specialized massage techniques can enhance the skilled work of your surgeon.

Your body is about two-thirds water. The lymphatic system is a circulatory system that returns and filters extracellular fluids. It is also an important part of your immune system. Lymphatic Drainage enhances these functions and promotes surgical healing.

### ***1. Start with a Preoperative Session.***

Improve your outcome with a preoperative consultation and massage. Therapy before surgery prepares tissues for surgery, decreases stress and relaxes your body. Your therapist may take baseline body measurements and give helpful advice. This is the best time to schedule your postoperative appointments. Massage can also help you sleep well before your surgery.



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therapy that will speed your  
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2. ***Easy Does It with Postop Swelling.***

Many surgeons recommend Lymphatic Drainage after surgery for better healing. This gentle and relaxing therapy reduces swelling, filters debris and returns fluids back into the blood stream. Loose proteins are pulled out of the tissues and returned to the blood (proteins can cause swelling.) Tissues are decongested, healing is enhanced and immunity is boosted. Be sure to get a release from your surgeon for lymphatic massage therapy.

3. ***Trust Your Guardian Angel.*** An expert massage therapist is like having a guardian angel. An experienced surgical therapist knows what is normal and can answer your questions. Incision lines, drains, compression garments and postoperative pain often bring concerns. Your therapist is a great resource and will support the surgeon's instructions. Good advice and affirmation can help you sleep well. (The massage helps, too!)

4. ***Gentle Release of Tissue Tightness.***

Any surgery causes tissue layers to stick together, forming adhesions and scars. Lymphatic Drainage with Myofascial Release relaxes tight tissues, drains fluids and improves movement.

5. ***Standing Up Straight.*** Cosmetic surgery on the abdomen can pull you forward. Skilled therapy opens your frontline allowing you to proudly stand up straight. Your back muscles will also need care to relieve tension caused by effects of surgery and postural accommodation.

6. ***Maintain Your Beauty Treatments.***

Within two months, your body stabilizes and you should be able to transition to regular maintenance treatments. Whether you need relief of body aches, stress release from daily hassles or just relaxation, you deserve regular bodywork. Your therapist knows your body and can provide holistic health maintenance.

7. ***Save Money with Packages.*** Check with your therapist for prepayment options or other discounts. Make a commitment in advance for therapy that will speed your recovery and provide valuable support during healing.

**Steve Metzger** has extensive RN experience and is an advanced Myofascial Release and lymphatic therapist. He specializes in women's health, sports and holistic health maintenance therapy.