

LYMPHATIC MASSAGE POST SURGERY

Swelling is a common side effect of any tummy tuck or liposuction surgery, often leading to prolonged discomfort and delaying the appearance of your final results. To help reduce swelling and speed up the healing process, Dr. Szpalski may recommend lymphatic drainage massage. This therapeutic technique can help you appreciate your contoured and sculpted figure much sooner.

Recovery After Tummy Tuck or Liposuction Surgery – What to Expect

Recovery after tummy tuck or liposuction surgery typically takes several weeks. During this time, patients should expect swelling, bruising, and discomfort. Following post-operative instructions, such as wearing compression garments, avoiding strenuous activity, and keeping the surgical area clean, is crucial. Multiple follow-up appointments will be necessary to monitor recovery and ensure proper healing. Most patients can return to work and light activities within a week, but full recovery may take several weeks to a few months.

Can Lymphatic Drainage Massage Improve Recovery?

Lymphatic drainage massage may help improve recovery after tummy tuck or liposuction surgery by reducing swelling, improving circulation, and promoting the drainage of excess fluid. This specialized massage focuses on the lymphatic system, a network responsible for filtering waste and excess fluid from the body. After surgery, the lymphatic system can become overwhelmed, leading to swelling and discomfort. Lymphatic drainage massage gently encourages the flow of lymphatic fluid, potentially speeding up the healing process and reducing recovery time. However, it should only be performed by a trained therapist and not too soon after surgery, as it could disrupt healing. Always consult with your plastic surgeon before starting lymphatic drainage massage to determine the best approach for your recovery.

How can I carry out lymphatic drainage massage on my own?

Lymphatic drainage massage is a specialized technique that is best performed by a trained therapist. However, there are some basic self-massage techniques that you can perform at home to help encourage lymphatic flow and reduce swelling after liposuction surgery. Gentle massage using a cream or body butter can help reduce swelling, tightness, and discomfort after liposuction.

Here are a few self-massage techniques you can try at home:

1. Light Touch: Use light, gentle pressure and long strokes to encourage lymphatic flow. Start at the affected area and move towards the heart.
2. Compression: Apply gentle pressure to the affected area using a soft cloth or your hands. This can help encourage lymphatic drainage and reduce swelling.
3. Skin Rolling: Gently roll the skin between your fingers to help encourage lymphatic flow and reduce swelling.
4. Make your strokes as firm as is comfortable, but don't make yourself miserable! You're likely already in a lot of pain, so there's no need to make it worse.
5. Your massage strokes should follow the direction of the arrows (see below) to help lymph flow towards the major clusters of lymph nodes in your neck, underarms, and groin.

It is important to keep in mind that these self-massage techniques should not be performed too soon after surgery, as this could disrupt the healing process. It is also important to consult with your surgeon prior to starting self-massage, as they will be able to advise on the best course of action for your individual recovery.

Lymphatic drainage massage carried out independently can be a helpful complement to traditional liposuction recovery techniques, but it is not a replacement for following postoperative instructions and taking the necessary time for proper healing. If you experience any pain or discomfort while performing self-massage, stop immediately and consult with your surgeon.

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