

Expert aftercare and recovery
Heal with confidence

Introduction

Post procedural care packages

Following any type of surgical procedure, it is natural to feel tired, emotional, swollen & bruised. Symptoms vary substantially, depending on your prior health & wellness and the extent or complexity of your surgery.

Initial recovery can be painful, prevent comfortable sleeping and restrict free movement. While symptoms will clear in time, investing in the pre and post-surgical care package can substantially decrease your 'down time'. You will look & feel better much sooner, reduce the risk of complications, see your results earlier & get back to living your life more quickly.

The Care package

Clinical therapies called Manual Lymphatic Drainage (MLD), Deep Oscillation Therapy, Lymphascial Kinesiology Taping and Myofascial Release are used in combination to accelerate your personal healing.

These therapies:

- Can be performed safely over dressings, splints, surgical tape & fat transfer sites
- Are all soothing, gentle & do not hurt
- Relieve pressure in tissues
- Decrease swelling
- Ease pain & reduce the need for medication
- Reduce inflammation
- Detoxify your system from anaesthetics
- Promote uncomplicated wound, skin & tissue healing
- Absorb bruising
- Disperse seromas & haematomas
- Encourage soft, even results
- Manage irregular scarring & fibrosis of any type and age
- Improve psychological wellbeing

The package provides:

Pre-Surgical

30 minute consultation to:

- Talk through your procedure
- Custom fit you for post-surgical garments
- Explain the importance of correct compression
- Demonstrate different garments
- Advise on the specific appropriate products for you to purchase to enhance your healing

Post-Surgical

- 4 x hour long sessions, delivered within the initial 6 week recovery period
- An individual treatment plan will be formulated to deliver a bespoke combination of clinical therapies designed to accelerate your specific post-surgical recovery.



Compression Garments

Pre-Surgical

Compression garments are universally accepted as part of surgical aftercare. However, compression does NOT mean CONstriction. 'The tighter the better' is not correct as too much compression can be dangerous. Over compressing delays healing. Layering compression garments or overlapping leads to tourniquet effects under overlapped layers & edges. If a garment creases, it will cause lines and uneven ridges to the skin and deeper tissues beneath.

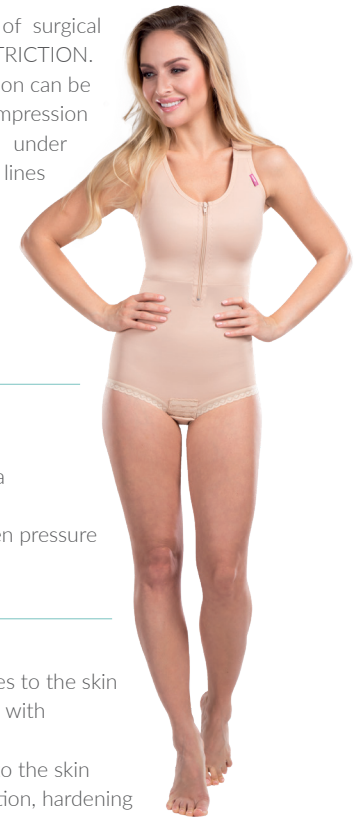
Compression that is too small or tight, instead of decreasing swelling, will push the swelling out of the edges of the garment, which can be extremely uncomfortable.

Benefits of Correctly Fitted Compression

- Improved comfort & circulation
- Reduced bruising & swelling
- Lessened risk of complications like seroma, haematoma or lymphoedema
- Reduced risk of skin irregularities if garment exerts even pressure

Risks of Poorly Fitted or Excessive Compression

- Restricts lymphatic drainage
- Does not allow bruising to percolate through the tissues to the skin
- Causes induration, fibrosis & uneven results, especially with liposuction, lipofilling and liposculpting
- Can cut off blood capillaries & impair oxygen delivery to the skin causing blistering, wound opening (dehiscence), ulceration, hardening of the tissues and infection (necrosis)



Manual Lymphatic Drainage (MLD)

Overview

MLD is a gentle, effective, soothing massage technique that powerfully stimulates the lymphatic system. It DOES NOT hurt and many clients fall asleep during the session because of its rhythmic, soothing, hypnotic strokes.

MLD swiftly decreases post-surgical pain, inflammation, pressure, swelling and bruising. It speeds the absorption of residual anaesthetics and optimises wound healing. It improves initial results of liposuction and ensures soft, even results.

MLD is so gentle that it does not disrupt sutures, a haemostatic net or mesh (including delicate, precise, underlying sutures from all face and neck procedures).

Benefits

- Safe to begin less than 24 hours after surgery
- Can be performed over dressings, splints and surgical tape
- Substantially reduces pressure, pain, swelling & bruising
- Reduces the need for pain relieving medication
- Accelerates results & improves comfort

How does it work?

After surgery, the lymphatic system is responsible for clearing cellular debris, bruising and maintaining fluid balances within the tissues. Often, significant swelling is generated because delicate lymphatic pathways are disrupted in the surgical area.

Normal drainage is impaired due to high pressure swelling overwhelming the ability of the initial lymphatics to open and drain surrounding tissues. This can lead to a pooling of tissue fluid and a stagnation of waste products around the site, causing prolonged bruising.

MLD reduces pressure, which stimulates and enables initial lymphatic flow. This reduces swelling and pain so that healing times can be greatly accelerated. MLD is commonly used in conjunction with other therapies for the best results. You will be advised on the best combination for your condition and needs. All therapies are delivered during the same session.





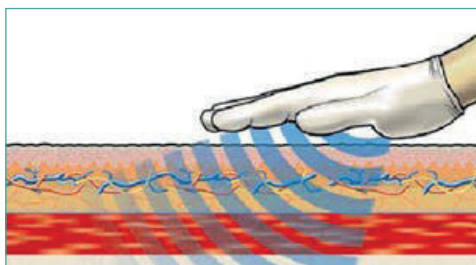
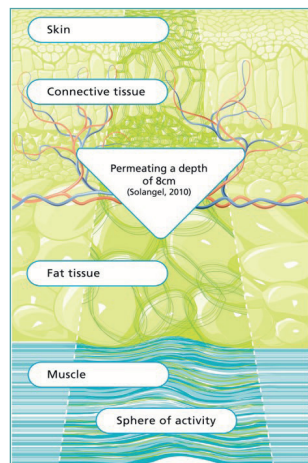
Deep Oscillation Therapy

Overview

Deep Oscillation is an electrical unit, which creates a healing electrostatic field. It gently vibrates the tissues at varying speeds; from 40 to 150 times per second, while MLD is being performed. This significantly boosts the lymphatic system to drain. During treatment, a titanium element is held by the patient, while the therapist acts as a semi-conductor via an electrode on her arm and vinyl gloves.

Benefits

- Significantly enhances the therapeutic effect of MLD
- Reduces pain & inflammation
- Improves wound healing, ulceration, bruising & swelling
- Resolves seromas & haematomas
- Changes consistency of tissues from hard to soft
- Improves fibrosis and scarring



Lymphascial Kinesiology Taping

Overview

Lymphascial taping is a method of applying the same type of tape used on athletes in sporting events, which has been specially adapted to work on the lymphatic system following surgery. It is applied following MLD & Deep Oscillation to maintain and continue the beneficial effects of the session.

Benefits

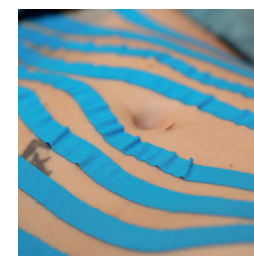
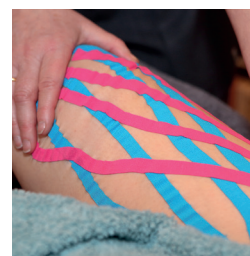
- Reduces immediate post-operative pressure & swelling
- Lessens pain & the need for medication
- Swiftly absorbs bruising
- Encourages regeneration of nerve and capillary networks
- Assists with healthy scar formation
- Promotes and improves nutrient rich blood flow
- Limits hardening of tissues
- Accelerates aesthetic results
- Enables a quicker return to work/ daily activities
- Works in conjunction with, or instead of, compression garments
- Once applied acts as 24-hour therapy

How does it work?

Taping speeds and supports the body's own natural healing processes by clearing swelling, debris and bruising from the surgical site.

Tapes are applied to gently lift the skin away from underlying tissues to reduce the painful pressure caused by swelling, increase nutrient rich blood flow and enable lymphatic drainage; which is often suppressed due to elevated tissue pressure.

Tapes do not interfere with daily activities and can be simply patted dry following showering and bathing. Once applied, normal daily movement makes the tapes wrinkle and straighten, causing a natural lymphatic pump to accelerate healing and speed aesthetic results. Lymphatic drainage is improved with very little effort. Taping is expected to last comfortably for 7 days.



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Myofascial Release

Overview

Myofascial release is a system of gentle, manual stretching techniques used to change the consistency of myofascia, or connective tissue. Myofascial release enhances tissue repair to speed aesthetically pleasing results. It minimises uneven & lumpy fibrosis (hardened areas) and promotes the smooth laying down of scar tissue.

Benefits

- Smoothes and blends uneven, congested or hardened tissues
- Enhances results for fat transfer & fat grafting procedures
- Assists with even formation of scar tissue
- Reduces the appearance of hypertrophic or keloid scars
- Frees movement limitations caused by scar adhesions

How does it work?

As the natural, initial inflammation passes, new cell production occurs and fibre like cells secrete liquid and collagen into connective tissues (or myofascia) to form a new matrix to support new capillary, lymphatic and nerve networks. These cells organise and reorganise, healing wounds, stabilising tissues and forming initial scar tissue. At this stage, tissues can harden and appear lumpy or uneven. Myofascial release softens tissue texture. It reduces hardness or fibrosis, encourages smooth & even results; especially from liposuction, addresses keloid or hypertrophic scarring and improves scarring of any age.





Your Specialist:

Clare Anvar BSc(Hons), MSc

Clare has been a clinical massage therapist since 2004. She is highly skilled and very experienced with every type of cosmetic, plastic and reconstructive surgical outcome; not only with straightforward surgical recovery, but with every type of complication. Clare prepares patients for surgery, provides treatments to reduce recovery times, heal complications, boost immunity & optimise results in the weeks immediately following surgery. She has worked in a variety of clinical settings, including Cancer services at University College Hospital, London & Orthopaedic surgical recovery at Horder Healthcare.

Clare's qualifications include extensive training in Manual lymphatic drainage, a BSc(Hons) Health Sciences; Remedial Massage & Neuromuscular Therapy and an MSc in Complementary Medicine. She is registered with MLDuk, the British Lymphology Society, Lymphoedema Support Network & Lipoedema UK.

Testimonials

"I was scared to come because Manual lymphatic Drainage sounds so painful and I was already so beaten up. It was so soothing and gentle-I can't believe I fell asleep! I feel so much more relaxed and less painful today, thank you"

Rachel, Surrey

"The kinesiology tape was a revelation to me, I just couldn't see how it could work, but it did! My whole pubic area looks normal again. My husband says can he have some on his belly? Lol"

Angie, Tunbridge Wells

"Thank you for being so kind, Clare. I felt so bad dealing with all this self-inflicted pain. I was really ready to give up before I met you"

Jodie, Kent

"It's only been four days but the results are unbelievable! All of the deep purple bruises on my thighs and flanks are almost yellow between the tapes, the pain is SO much better and I can walk about now"

Mary, Canterbury

"I look like a lattice pie, but the swelling's gone. Amazing!"

Roger, Bromley

"What a difference a day makes! Wow, the swelling has improved so much! I feel so much more comfortable. Thank you"

Jean, Dulwich

"I can't believe the difference with this compression garment! I can actually breathe since you properly fitted me for it"

Alana, London

"After an endless hunt for practitioners, I found Clare and so happy I did. She's incredibly knowledgeable about all things health as well as her specialities, brilliant at what she does and so wonderfully empathic and warm, I can't recommend enough"

Asher, Tunbridge Wells

"Being excellent isn't about when everything is healing well but when things go wrong. I called Clare and she immediately recognised that I needed to be in hospital; I had necrosis in my wound...I will always be grateful, as I could have died"

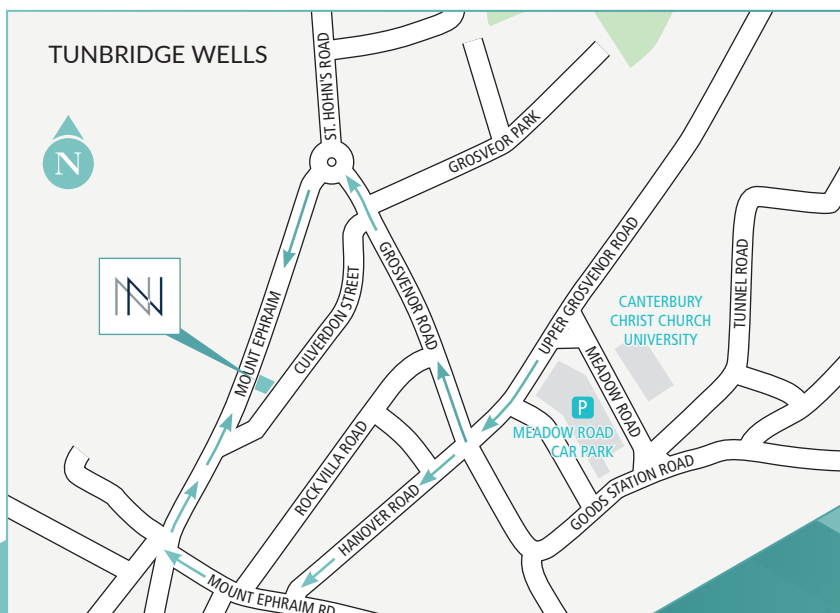
Sandra, Croydon

"OMG, My first night without Codeine since I came out of hospital and I had a poo, you are incredible, Thank you"

Sonja, Munich



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