



Expert Post-Surgical Aftercare – Clinical Massage Therapies

Natural healing

Following any type of surgical procedure, it is natural to experience swelling and bruising, while feeling more tired and emotional than usual. Symptoms can vary substantially, depending on your prior health and wellness and the extent or complexity of your surgery. Swelling and bruising can be painful, prevent comfortable sleeping and delay the ability to move freely. This is due to raised pressure and inflammation within the tissues. Whilst symptoms will clear naturally in time, investing in expert post-surgical aftercare 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.

Expert aftercare

Aftercare consists of a combination of clinical therapies to accelerate any post-surgical recovery. Manual Lymphatic Drainage (MLD), Myofascial Release and Lymphascial Kinesiology Taping relieve pressure, ease pain, reduce inflammation, detoxify your system from anaesthetics, promote uncomplicated wound, skin & tissue healing, decrease swelling, disperse bruising, encourage soft, even results and manage scarring of any type and age.

What is Manual Lymphatic Drainage (MLD)?

MLD is a gentle, effective, soothing massage technique that powerfully stimulates the lymphatic system. 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 or mesh (including delicate, precise, underlying sutures from all face and neck procedures) and many clients fall asleep during the session because of its rhythmic, soothing, hypnotic strokes. MLD DOES NOT hurt, interfere with wound healing or put strain on delicate internal & external sutures.

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
- Resolves seromas/ haematomas without aspiration
- Accelerates results
- Improves patient comfort and satisfaction
- Improves psychological well-being
- Reduces post-surgical anxiety

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MLD enhances all of the following surgeries:

Face & neck lift

- Does NOT disturb delicate internal sutures but relieves swelling & pressure from engorged tissues to promote faster, more comfortable healing.
- Enhances disrupted lymph flow from across face, under the chin and down the neck.

Rhinoplasty

- Can be performed over splints
- Does NOT disturb nasal position
- Substantially relieves immediate pain from swelling & bruising

Breast reduction & mastopexy

- Improves incidence of seroma/haematoma or the need to aspirate if already present

Abdominal & body contouring surgeries

- Reduces uneven results and hardened tissues
- Effectively reinstates digestive transit
- Reduces inflammation and oedemas
- Promotes healthy scar formation

Liposuction, Vaser liposuction, 3 & 4D sculpting

- Removes residual tumescent fluid via skin (open method) or by speeding absorption (closed suture method)
- Removes excess swelling & bruising
- Limits uneven fat distribution & fibrosis
- Encourages sculpted results
- Speeds return to daily activity

How does MLD 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.

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Courses of MLD

For maximum benefit, MLD is started 24-48 hours after surgery but can begin at any time during recovery. The benefits are cumulative; they build over a number of sessions.

To accelerate healing from all facial, breast and body surgeries, a course of 4 sessions is initially recommended, to be delivered 1-3 times per week. This is then subsequently reviewed according to your individual needs. If you have had an extensive surgery or combination of surgeries, you will often benefit from further sessions.

For liposuction and lipo-sculpting, daily MLD sessions are recommended to evacuate residual tumescent fluid, limit bruising, haematomas or seromas and promote even results without fibrosis.

- Abdomen 5 -10 sessions
- Flanks 5 -10 sessions
- Outer and inner thighs 3 - 6 sessions
- Arms 3 sessions

Lymphascial Kinesiology Taping & Myofascial Release; additional therapies to accelerate healing

What is Lymphascial Kinesiology Taping?

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 to maintain and continue the beneficial effects of the session. The tape effectively reduces swelling, pain and bruising to ensure your recovery is swift and more comfortable.

Is the tape safe?

The tape is made of high quality, medical grade cotton with non-latex elastic fibres. Elasticity is similar to that of human muscles (30–40% self-stretching). Its hypo-allergenic acryl adhesive backing is laid in a distinctive wave formation to reduce the risk of irritation and allow the skin to breathe. The adhesive is activated by body heat. The tape is air and water-permeable, while still being water resistant. Once fixed in place, the tape can be worn for many days, delivering 24- hour therapy, without any loss in the quality of its effect. Due to its skin friendly properties and with expert application, allergic reactions are extremely rare.

Is the tape comfortable to wear?

The tapes do not restrict movement and are left in place until they lift off. They do not interfere with daily activities and can be simply patted dry following showering and bathing. As the tape has been specifically designed to mimic the properties of skin and muscle elasticity, it is often not felt at all.

How does it work?

Tapes are applied on an individual basis to gently lift the skin away from underlying tissues to reduce the painful pressure caused by swelling, increase nutrient rich blood flow and initiate lymphatic drainage, which is often suppressed by elevated pressure. Taping speeds and supports the body's own natural healing processes by clearing swelling, debris and bruising from the surgical site.

Once applied, normal daily movement makes the tapes move and cause a natural lymphatic pump to accelerate healing and enhance aesthetic results. By making specific movements to wrinkle and straighten the tapes, lymphatic drainage is enhanced with very little effort.

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What are the 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
- Often decreases healing time by up to 50%
- Accelerates aesthetic results
- Enables a quicker return to work/ daily activities
- Works in conjunction with, or instead of, compression garments
- Once applied it acts as 24-hour therapy

How many times does the tape need to be applied?

The sooner taping is applied following surgery, the more beneficial the results. Often for uncomplicated recovery, one application is sufficient, depending on how well the tapes are looked after at home. However, two or more applications might be required if swelling or bruising are persistent or there are other complications or underlying health issues.

How long does Lymphascial Taping last?

Taping is expected to last comfortably for 7 days. For abdominal, breast and limb procedures, taping can often last for 3 weeks or more, if maintained carefully. The look of facial taping is often commented on, but most patients undergoing facial procedures expect to rest for a week or two at home, during which time the tapes can be comfortably worn and substantially speed results and quicken a return to work or social activities.

Myofascial Release

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

Benefits

- Smooths 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 can Myofascial Release improve results?

As the natural, initial inflammation passes and tissues settle, 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. It is possible that scarring can become unsightly or does not lay flat (hypertrophic or keloid). Myofascial release has been specifically developed to address the consistency of connective tissues. It can reduce hardness or fibrosis, encourage even results, especially from liposuction, soften tissue texture and improve scarring of any age.

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Do therapies promote longer term results?

Final results can take up to two years to show. All of the therapies can be used at any time during this process for tissue congestion, scar improvement or to improve skin luminosity and maintain results naturally.

Your Therapist: Clare Anvar MSc



I have been a clinical massage therapist since 2004. I am highly skilled with a lot of experience, not only with straightforward surgical recovery, but with every type of complication. I work with cosmetic, plastic, reconstructive and orthopaedic surgeons to gain the best results, in the quickest time possible.

I prepare patients for surgery, provide treatments to reduce recovery times, heal complications & boost immunity in the weeks immediately following surgery. I am a registered healthcare provider with BUPA, AVIVA, Health Shield and WPA. I have worked in a variety of clinical settings, including complementary therapies in cancer services at University College Hospital, London and Horder Healthcare, who specialise in Orthopaedic surgeries. My qualifications include extensive training in Manual lymphatic drainage, a BSc(*hons*) Health Sciences; Remedial Massage & Neuromuscular Therapy and an MSc in Complementary Medicine. I am a member of MLDuk and the British Lymphology Society. I teach and lecture on Lymphascial kinesiology taping for post-surgical recovery.

Treatment location

All treatments can take place at the Purity Bridge Clinic in Tunbridge Wells.

Home visits are available within a 15 mile radius of Tunbridge Wells.

MLD, myofascial release and Lymphascial kinesiology are delivered, either separately or in combination, during 1 hour sessions, according to the individual needs of each patient.

Pricing

1 hour session at Purity Bridge:	£85
Lymphascial Kinesiology taping, if deemed appropriate and will enhance recovery:	£15
1 hour Home Visit:	£130

Booking treatment

Bookings for clinical massage therapies are via the Purity Bridge Clinic. Please call 01892 536960 or email info@puritybridge.co.uk to arrange your appointment(s). The clinic team will need to know the date of your surgery and the type of surgery planned before arranging your treatment dates.