

Following your Manual Lymphatic Drainage session, it's important to take certain steps to maximise the benefits of the treatment and ensure your comfort. Here are some key aftercare recommendations:

Hydration: Increase your water intake following your MLD session. This helps the body to effectively flush out toxins and supports the lymphatic system in processing the increased lymph flow.

Rest: Allow your body some time to rest and recover, especially in the first few hours post-treatment. This helps your body to respond to the therapy effectively.

Light Exercise: Gentle activities such as walking can be beneficial. They help in stimulating lymph flow but avoid strenuous exercise immediately after your session.

Healthy Diet: Eating a balanced diet rich in fruits, vegetables, and lean proteins can support the lymphatic system. Try to avoid processed foods, excessive salt, and sugar, which can contribute to water retention and swelling.

Avoid Heat: It's advisable to avoid extreme heat such as saunas, hot tubs, or very hot baths immediately after MLD, as this can increase swelling.

Skin Care: Keep your skin clean and moisturised. Good skin care is important, especially if you have lymphoedema, as it can help prevent infections.

Breathing Exercises: Deep, diaphragmatic breathing can aid lymphatic flow and enhance the effects of your MLD treatment.

Avoid Alcohol and Caffeine: These can dehydrate the body and hinder the lymphatic system's ability to detoxify effectively.

Wear Comfortable Clothing: Loose-fitting, comfortable clothing can help prevent any unnecessary pressure on the lymph nodes and ensure comfort.

Monitor Your Body: Pay attention to how your body feels after the treatment. Some people may experience fatigue or changes in their urination patterns, which are normal. However, if you experience any discomfort or unusual symptoms, contact your therapist.

It is essential that you have read all of the information available. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.