



# Manual Lymphatic Drainage

## TREATMENT ADVICE POST SURGERY

### SUPPORT YOUR LYMPHATIC HEALTH AND HEALING WITH MANUAL LYMPH DRAINAGE

Manual Lymph Drainage is a gentle technique that stimulates the lymphatic system and promotes detoxification of the entire body. MLD reduces fluid retention, accelerates healing of burns, regeneration of tissue, and helps to minimize scarring. Lymph drainage is an excellent treatment before and after surgery.

Treating Lymphedema with manual lymph drainage is specific to each individual. When the lymphatic system has been compromised as a result of surgery or radiation, the lymphatic fluid may lack the capacity for transporting fluids through that area. Stagnation can cause a build up of proteins which leads to swelling. MLD influences reabsorption and the flow of lymphatic fluid encouraging the lymph to regain a healthy path.

The lymphatic system is a complex network made up of lymph vessels, capillaries, lymph nodes, lymph organs and lymph tissues that defend the body against infection. Lymphatic Drainage Massage detoxifies the body by moving stagnant fluids, filtering out bacteria and foreign debris. It also regenerates tissue, reduces inflammation and helps strengthen and maintain a healthy immune system.

#### PREPARE FOR YOUR SESSION

Drink plenty of water or fresh natural juice two to four days before the sessions. Eat food and hydrate prior to session and avoid heavy, highly processed and greasy foods. This will allow your system to clear things out a little easier. There's a chance you could feel tired afterwards as your body detoxes and if you have the room to buffer your appointment at the end you might want to give yourself some extra time to settle in.

#### Self Care

- Compression is important post surgery
- Drink plenty of water staying hydrated is essential to recovery
- Activate your muscles with stretching and walking
- Practice deep, diaphragmatic breathing. See your belly rise and fall as your body absorbs fresh, energizing oxygen
- Avoid food high in sodium
- Wait minimally twenty minutes prior to showering post massage and avoid hot water temperature and long duration of shower
- Self Massage in between getting professional Lymphatic Drainage Massages



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## CONSULTATION

### PERSONAL INFORMATION

FIRST NAME

LAST NAME

DATE OF BIRTH

GENDER

MALE  FEMALE  NONE

AGE

HEIGHT

### CONTACT DETAILS

EMAIL ADDRESS

PHONE NUMBER

HOME ADDRESS

CITY, STATE

ZIP CODE

HOW MAY WE CONTACT YOU?

PHONE  EMAIL  POST

EMERGENCY CONTACT NAME & PHONE

HOW DID YOU HEAR ABOUT US?

(If someone referred you, please name them so that we may thank them)

Friend Referral \_\_\_\_\_

Social Media

(Please indicate which version you used to find out about our services)

Facebook  Instagram  Website  Other



# Manual Lymphatic Drainage

## INTAKE

Do you have any chronic medical conditions which we should know about?

Yes  No  If so, please list: \_\_\_\_\_

For what reason are you seeking Manual Lymphatic Drainage? \_\_\_\_Medical reason\_\_\_\_Relaxation

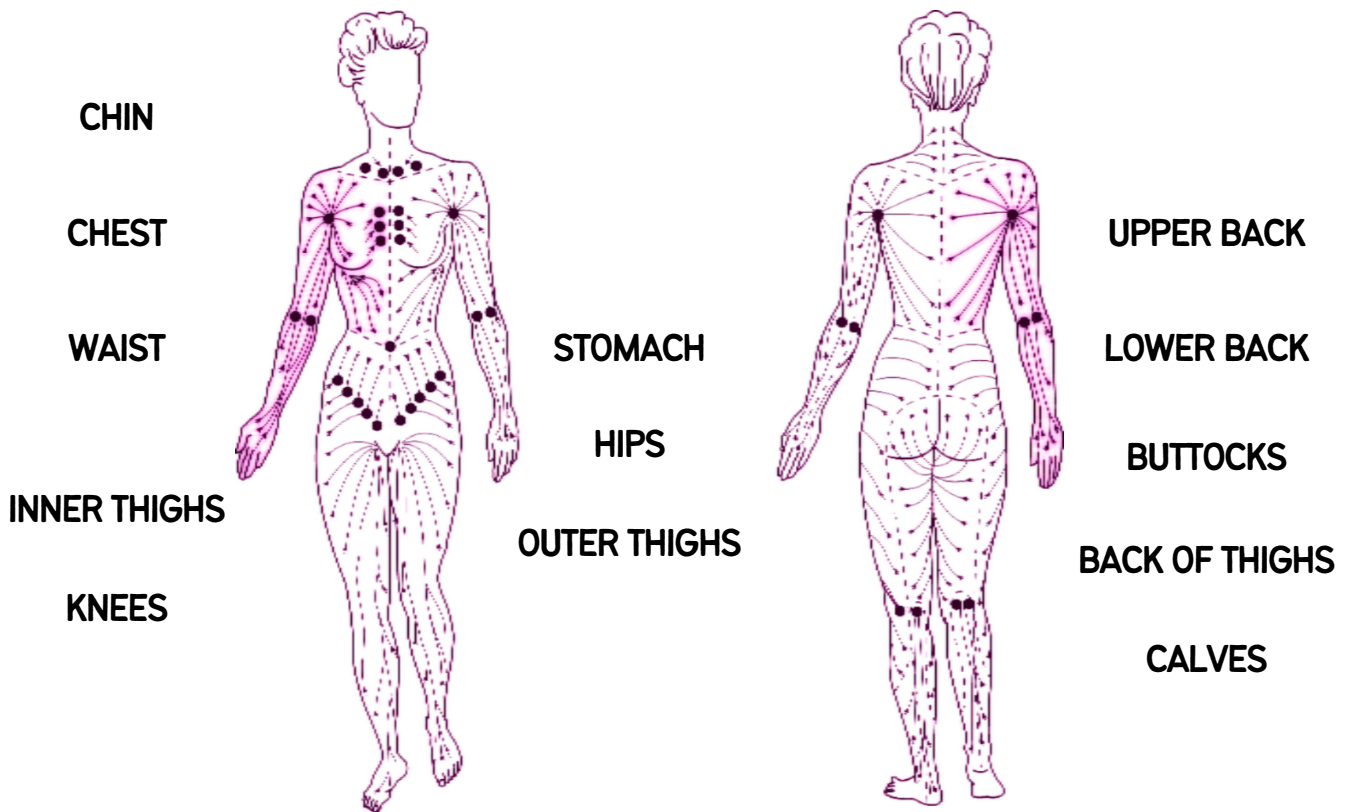
Surgery Date?\_\_\_\_\_

Surgeon?\_\_\_\_\_ Procedure?\_\_\_\_\_

Please list all medications (including vitamins, hormones, and herbs) and reason for prescription.

Is there is anything else that your therapist should know about you or your needs before the session?

**PLEASE CIRCLE ALL AFFECTED AREAS**





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## MEDICAL

**IN ORDER TO CREATE THE MOST BENEFICIAL SESSION, PLEASE MARK ALL CURRENT AND PREVIOUS CONDITIONS THAT APPLY.**

<b>GENERAL</b>		<b>FEMALE REPRODUCTIVE</b>	
Fever		Currently pregnant	
Undergoing cancer treatment		Currently menstruating	
Last chemotherapy session		Fibrocystic breast disease	
Arteriosclerosis		IUD	
Carotid sinus issues		Other:	
Hyperthyroidism			
Liver Cirrhosis		<b>MUSCULOSKELETAL</b>	
Other:		Osteoporosis	
		Osteoarthritis	
<b>EARS, NOSE, THROAT</b>		Hernia	
Ringing in ears		Rheumatoid arthritis	
Sinus problems		Other:	
Earaches			
Other:		<b>SKIN</b>	
		Cellulitis	
<b>CARDIOVASCULAR</b>		Rash	
Chest pain or pressure		Major scars	
Swelling of legs		Lumps	
Palpitations		Other:	
Varicose veins			
Dizziness		<b>HEMATOLOGIC/ LYMPHATIC</b>	
Acute deep vein thrombosis		Cuts that do not stop bleeding	
Congestive heart failure		Enlarged lymph nodes (glands)	
Heart attack		Lymph nodes removed	
High/Low blood pressure		Frequent bruising	
Aneurysm		HIV/AIDS:	
Cardiac arrhythmia		Other:	
Other:			
		<b>NEUROLOGICAL</b>	
<b>GASTRO-INTESTINAL</b>		Strokes	
Crohn's disease		Seizures	
Abdominal pain		Other:	
Surgical implant(mesh or other)			
GI inflammation		<b>ALLERGIES</b>	
Diverticulitis/Diverticulosis:		Ear fullness	
Other		Sinus congestion	
		Recent sinus surgery	
<b>URINARY</b>		Other:	
Kidney failure			
Kidney stones		<b>EMOTIONAL</b>	
Urinary tract infection		Stress	
Dialysis		Anxiety & Depression	
Other:		Difficulty sleeping	
		Other:	



# Manual Lymphatic Drainage

## INFORM CONSENT

I understand that the Manual Lymphatic Drainage I receive is provided for the basic purpose of improving the flow of my lymphatic system and also for relaxation. If I experience any pain or discomfort during this session, I will immediately inform the practitioner so that the pressure and/or strokes may be adjusted to my level of comfort.

I further understand that massage or bodywork should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, chiropractor, or other qualified medical specialist for any mental or physical ailment of which I am aware. I understand that massage/bodywork practitioners are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such.

Because massage/ bodywork should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions and answered all questions honestly. I agree to keep the practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the practitioner's part should I fail to do so.

\*Please Note: Manual Lymphatic Drainage (MLD) is a very powerful modality and certain medical conditions are contraindicated and determine if and when you can receive a session. After the consultation and review of the information you have provided on this form, it will be determined if MLD should be administered to you today. Some conditions will require a note from your doctor before proceeding. Please understand this is for your safety and well-being.

Client Name: \_\_\_\_\_ Date \_\_\_\_\_

Bodyworker Signature \_\_\_\_\_ Date \_\_\_\_\_

**Consent to Treatment of Minor: By my signature below, I hereby authorize Ericka McNeil to administer MLD techniques to my child or dependent as they deem necessary.**

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_



# Manual Lymphatic Drainage

## AFTER CARE

### LYMPHATIC HEALTH AND HEALING WITH MANUAL LYMPH DRAINAGE

To ensure that you gain maximum benefit from a massage treatment, I recommend that you:

- Increase the amount of water you drink over the next few days - the body will be in a state of high toxicity for a few days after the treatment
- Reduce your caffeine intake (coffee, tea, colas)
- Avoid alcohol for 24 hours
- Try to cut down on smoking
- Make time to rest and relax- this allow the blood pressure to return to normal if has dropped during a treatment (this often happens)
- Regular (but not too strenuous) stretching and walking helps with muscle contraction, therefore lymph flow
- Deep diaphragmatic breathing also helps to promote healthy lymph congestion
- Diet is important; low sodium diets are recommended for a healthy lymphatic system - poor diets are a contributing factor to poor lymphatic drainage

Occasionally, you may experience reactions when the body its self-healing process and elimination of toxins. These reactions may include:

- Frequent visit to the toilet
- Runny nose and/or cough
- Slight rash as the skin rebalances
- Perspiration - another way that the body can excrete waste
- Conditions which have been suppressed may flare up temporarily before they heal
- Deep sleep or difficulty sleeping and vivid dreams

Those reactions are only temporary and should clear within 24-48 hours. They are positive signals that your body has responded to the treatment and is balancing itself.

Stay Well!