



Manual Lymph Drainage Massage

What is Manual Lymph Drainage Massage?

It is a gentle type of medical massage, given by qualified practitioners. MLD is designed to stimulate the lymphatic system and improve lymphatic flow particularly if lymph nodes have been removed or damaged. The aim is to reduce swelling and allow lymph fluid to flow.

What happens during a treatment?

The treatment is usually given whilst you lie flat or sit up, it may involve undressing to allow access to the affected area. The therapist will use light pressure and slow massage movements. The techniques and sequences used will be individualised to you and your needs. Our therapist will often show you some techniques you may use at home, to continue to improve lymph drainage.

How long does a session last?

Therapy sessions last up to 50 minutes, although the first sessions will usually take a little longer to allow time for an initial assessment. We are currently able to offer a set of 6 sessions for patients and 3 for family members and carers.

How will I feel after a treatment?

After a treatment, you may feel very relaxed and sleepy. Sometimes people feel energised and want to use their energy. If you feel tired it's best to have a sleep. If you feel energised take care not to overdo it! You may feel thirstier than usual and it may help to have a glass of water to drink. It is recommended that you avoid alcohol on the day of the treatment.

Complementary therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.