

As part of the vaser liposuction procedure it is important that you have this massage following your surgery to achieve the best results and also to avoid the complications that can occur with this surgery

The core benefit of the lymphatic drainage massage after liposuction is that helps with post-op swelling by improving the flow of the lymph fluid to reduce congestion in the swollen areas and support effective drainage.

Your body's lymph nodes carry white blood cells around the body to remove waste and circulate clean lymph fluid. This fluid carries cells that fight infections and helps maintain good blood circulation.

The lymphatic system is important for the body's recovery process and it can get damaged during surgical procedures such as cosmetic surgery and cancer surgeries. A lymphatic massage helps the lymphatic system to recover after surgical procedures. A lymphatic massage, unlike a traditional massage, focuses on improving the lymphatic system in the skin rather than on blood flow to muscles.

Benefits Of Post-Surgery Massages

Post-surgical lymphatic massages help a patient in their healing journey post-surgery. They are used to:

- Improve blood circulation
- Give the blood more oxygen – which can help to shorten healing Times
- Decrease inflammation
- Improve skin quality – after bruising and damage from surgery
- Reduce stress
- Reduce scarring of wounds

Lymphatic drainage massages can benefit a range of reconstructive and cosmetic procedures. They are most commonly recommended for cosmetic surgery procedures such as tummy tucks, breast augmentation and liposuction. All of these procedures disrupt the skin's lymphatic channels that are fundamental to recovery. New lymphatic channels take time to form and lymphatic massages speed this process up.

What Are The Risks Post-surgery If You Don't Have A Lymphatic Massage?

Without lymphatic massages post-surgery, healing times can be slower and lymphoedema can occur.


Lymphoedema is a chronic condition whereby the lymphatic system gets damaged and causes the body's tissue to swell. Although surgery can sometimes be used to treat lymphoedema, it can also stimulate it due to trauma to the lymphatic system. The alternative is decongestive lymphatic therapy, a non-invasive treatment and prevention method for post operative swelling. A large part of decongestive lymphatic therapy includes lymphatic drainage massage.


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| Package 1 | 4 MLD Massage treatments + 1 Post surgical garment | £375 |
| Package 2 | 6 MLD Massage treatments + 1 Post surgical garment | £500 |
| Package 3 | 8 MLD Massage treatments + 1 Post surgical garment | £575 |
| SINGLE TREATMENT | 1 MLD Massage treatment, 1 Hour | £75 |

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