

# Available Procedures At Manchester Private Hospital

## **BREAST SURGERY**

- Breast Enlargement
- Breast Reduction
- Breast Uplift
- Fat Transfer Breast Aug
- Breast Re-Augmentation
- Breast Asymmetry
- Breast Reconstruction
- Transgender Breast Surgery
- Nipple Correction

## **BODY SURGERY**

- Liposuction
- Vaser Liposuction
- Vaser Hi-def
- Tummy Tuck
- Mini Tummy Tuck
- Arm Lift
- Thigh Lift
- 360 Liposuction
- Body Lift Surgery
- Buffalo Hump Removal
- Fat Transfer
- Lipoedema Liposuction
- Pubic Fat Pad Removal
- Gynecomastia
- J Plasma Renuvion
- Vaginal Tightening
- Labiaplasty
- Varicose Veins
- Pelvic Floor Repair
- Brazilian Butt Lift
- Mummy Makeover

## **FACE SURGERY**

- Facelift
- Facial Lipo
- Chin Implants
- Eyebrow Lift
- Nose Surgery
- Eyebag Removal
- Ear Correction
- Septorhinoplasty
- Neck Lift Surgery

Excellent  ★ Trustpilot

## **CONTACT US**

### **Manchester Private Hospital**

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**MANCHESTER**  
PRIVATE HOSPITAL

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## Post - Operative Advice

# Manual Lymphatic Drainage (MLD)

### **WHEN IS MY MEDICATION NEXT DUE?**

Pain Relief - Time \_\_\_\_\_

Antibiotic - Time \_\_\_\_\_

FOR MEDICAL EMERGENCIES

**0787 439 7261**

FOR ANY GENERAL ENQUIRIES

**0161 507 8822**

[manchesterprivatehospital.uk](https://manchesterprivatehospital.uk)

## Benefits of Manual Lymphatic Drainage (MLD) Massage

A lymphatic massage can help you get the best results from your surgery. Here are some of the other benefits you can expect:

- Reduce pain
- Reduce inflammation
- Reduce swelling
- Reduce bruising
- Improve circulation
- Soften scar tissue
- Speed up healing process
- Promote relaxation

### After your MLD massage

Here are a couple of tips to ensure you optimize your health and promote healing.

- Drink plenty of water: Massages can be dehydrating, so it's best to replenish your body with water. Drink plenty of water after your massage to help properly flush out your lymphatic system. Drinking water helps flush your kidneys which are responsible for getting rid of toxins.
- Reduce your caffeine intake (coffee, tea, fizzy juice)
- Avoid all nicotine pre and post op to avoid infections.
- Avoid hot baths, saunas etc for 6 weeks post op.
- Low sodium diets are best for a healthy and functioning lymphatic system. A light diet with raw, whole foods is best to boost lymphatic function and remove waste.
- Avoid alcohol for minimum a week pre and post op.
- Rest: You might feel relaxed and tired after your massage. Listen to your body and do nothing besides laying and relaxing your muscles. This can regulate your blood pressure and promote healing.

Occasionally you may experience reactions when the body begins it's self-healing process and elimination of toxins. These reactions may include.

- Frequent visits to the toilet
- Headache
- Slight rash as skin rebalances / itching
- Perspiration - another way that the body can excrete waste
- Deep sleep or difficulty sleeping and vivid dreams

These 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.

Please contact us on **0161 507 8822** if symptoms persist.

**EMERGENCY:** In case of emergency please dial 999 and attend Accident and Emergency this includes sudden high temperature, bleeding, chest pain and breathlessness.

