



The Healing Journey

Guide to Lymphatic
Treatments After Surgery

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The Healing
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Lymphatic Treatments After Surgery

Undergoing surgery can be a life-altering event, whether it's a minor procedure or a major operation. Post-surgical recovery is essential for healing, many clients may not realize the significant role that lymphatic treatments can play in this process.

Understanding the Lymphatic System

The lymphatic system is a vital part of our immune system, responsible for transporting lymph, a fluid that contains infection-fighting white blood cells, throughout the body. It plays a crucial role in removing toxins, waste, and excess fluids. After surgery, the lymphatic system can become compromised due to anesthesia, trauma, or changes in body fluid dynamics, leading to complications like swelling (lymphedema), pain, and a delayed recovery.

This booklet delves into why lymphatic treatments are crucial after certain surgeries, how soon they can be initiated, the number of sessions needed to see positive results, and potential side effects or bodily responses.

Why Lymphatic Treatments Are Necessary

- **Reduction of Swelling:** Post-surgical swelling is common and can impede recovery. Lymphatic drainage treatments promote fluid movement and reduce swelling, facilitating a smoother recovery.
- **Pain Management:** Many experience pain after surgery, which can be made worse by fluid buildup. Lymphatic treatments can alleviate this discomfort by improving circulation and reducing inflammation.

- **Enhancing Healing:** Lymphatic treatments enhance the body's natural healing processes. Improved lymphatic flow allows for better nutrient delivery to tissues and more efficient waste removal.
- **Preventing Complications:** Swelling and fluid retention can lead to complications such as infections or prolonged healing times. Lymphatic treatments help reduce these risks, promoting a faster and healthier recovery.

How Many Treatments Are Needed?

The number of lymphatic treatments varies based on individual circumstances, including the type of surgery, personal health conditions, and response to treatment. Clients typically see positive results after **2 to 3 treatments**. A common recommendation is to schedule a package of (5) treatments initially, tapering off as swelling and discomfort decrease.

When to Start Lymphatic Treatments

Lymphatic Enhancement Therapy®

The Healing Space provides clients with the most effective solutions for their recovery needs, ensuring a smoother and more efficient healing journey. We utilize a cutting-edge method that employs low-level vibrational energy.

Timing is crucial in post-surgical recovery. Generally, lymphatic treatments can be initiated within **24 to 48 hours** post-surgery, depending on the type of procedure and the surgeon's recommendations.

Potential Side Effects and Body Responses

While lymphatic treatments are generally safe, patients may experience mild side effects, including:

- **Temporary Discomfort:** Some individuals might feel temporary soreness in the treated areas due to increased fluid movement.
- **Fatigue:** The body might respond with temporary fatigue as it reallocates energy towards healing and detoxification.
- **Emotion Changes:** Emotional releases can occur during treatment: the body responds to physical touch and the release of built-up stress.

It's important for clients to communicate with their healthcare providers about any unusual symptoms or concerns, ensuring a tailored approach to their recovery.

Free Consultation

Our approach is to answer questions, talk by phone or invite you in for a tour.

Meet Anne and discuss your needs. Call / text to start the process. **(336) 210 2078**

What to expect the day of your treatment

We recommend no (or minimal) makeup and no lotions. Also, Hydration is important; drink water prior or consider hydration electrolyte supplements.

All treatments are by appointment only, ensuring privacy and a quieter space. Typically the first treatment lasts approximately an hour.

Our address is **1400 Battleground Ave. Suite 144 E Greensboro NC**. Park on the left side of the building, look for entrance door 144, the last entrance door on the left side. Walk to the end of the hall, turn right and we are the first door on the right.

Lymphatic Enhancement Therapy®

Our advanced Lymphatic Drainage Treatment is specifically designed to help the lymphatic system rid the body of toxins, edema, and impurities, improving overall health and boosting the immune system.

This innovative approach is more effective than traditional lymph treatments at opening the lymphatic system and accelerating lymphatic flow without harming the tissues of the body.



Lymphatic Drainage Treatment Pricing

Free Initial Consultation

\$ 90 60 minutes. Package of (5) \$ 400

\$ 120 90 minutes. Package of (5) \$ 525

Post Treatment Guidelines

- 1. Stay Hydrated.** Hydration facilitates lymphatic flow and supports detoxification.
- 2. Rest and Recovery.** Give yourself permission to rest and recover. Adequate sleep is crucial for healing, as this is when the body repairs itself. Aim for 7-9 hours of quality sleep each night.
- 3. Follow a Balanced Diet.** Focus on a diet high in proteins, vitamins, and minerals to support tissue repair. Incorporate lean meats, fish, fruits, vegetables, and nuts..
- 4. Gentle Movement** While rest is important, gentle movement can enhance lymphatic flow. Activities like walking or gentle stretching can be beneficial.
- 5. Wear Compression Garments** Follow Recommendations: If advised, wear compression garments as directed.
- 6. Manage Stress** Stress can impede healing. Engage in relaxation techniques such as meditation, deep breathing exercises, or gentle yoga.
- 7. Communicate with us.** Stay in Touch: Please call or text if you have any concerns or questions about your recovery process.

Supplements

The Healing Space provides high-quality supplements and hydration products designed to support and enhance the body's functions. During our consultation intake process, we assess your individual needs and recommend a personalized protocol.

Types of Lymphatic Treatments

Manual Lymphatic Drainage

This gentle, hands-on technique involves specific movements that stimulate lymph flow. A trained therapist uses light pressure and rhythmic strokes to facilitate the movement of lymph fluid toward lymph nodes, helping to reduce swelling and promote healing.

Lymphatic Enhancement Therapy®

As mentioned, this therapy utilizes low-level vibrational energy to enhance lymphatic flow. By opening the lymphatic pathways effectively, it accelerates detoxification and helps manage swelling and discomfort post-surgery.

Compression Therapy

This involves using compression garments or devices that apply pressure to affected areas. Compression helps prevent fluid accumulation and supports the lymphatic system. Patients often wear these garments during recovery, especially after surgeries involving the extremities.

Self-Management Techniques:

If needed clients will be taught self-massage techniques to promote lymphatic flow at home. This can include gentle skin brushing or specific movements that encourage fluid movement and reduce swelling.

How does diet impact the body's healing process after surgery?

Diet plays a crucial role in the body's healing process. The right nutrients can significantly affect recovery time, effectiveness of healing, and overall well-being. Here's how diet impacts the healing process:

1. Nutrient Supply for Tissue Repair

- **Proteins:** Protein is essential for tissue repair and regeneration. Amino acids, the building blocks of proteins, are vital for repairing damaged tissues and promoting the synthesis of new cells. Foods rich in protein include lean meats, fish, eggs, dairy products, legumes, and nuts.

2. Certain vitamins and minerals are particularly important for healing:

- **Vitamin C:** Crucial for collagen formation and tissue repair. It also supports immune function, which can be vital post-surgery. Sources include citrus fruits, strawberries, bell peppers, and broccoli.
- **Vitamin A:** Supports skin health and immune function. Foods rich in vitamin A include carrots, sweet potatoes, spinach, and kale.
- **Zinc:** Important for immune function and wound healing. Good sources include meat, shellfish, legumes, seeds, and nuts.

3. Boosting Immune Function

A well-balanced diet strengthens the immune system, helping to prevent infections during recovery. A strong immune response is vital after surgery, as the body is more susceptible to infections while healing. Foods rich in antioxidants (such as fruits and vegetables) help combat oxidative stress and support immune health.

4. Reducing Inflammation

Certain foods can help reduce inflammation in the body, which is beneficial for recovery. Anti-inflammatory foods include:

- **Fatty Fish:** Rich in omega-3 fatty acids, which can help reduce inflammation. Examples include salmon, mackerel, and sardines.
- **Berries:** Packed with antioxidants that can help decrease inflammation.
- **Turmeric:** Contains curcumin, which has anti-inflammatory properties.

Conversely, processed foods, sugary snacks, and excessive saturated fats can promote inflammation and should be minimized during recovery.

5. Maintaining Hydration

Hydration is critical for recovery, as fluids are needed for almost every bodily function, including nutrient transport and waste removal. After surgery, the body may lose fluids due to blood loss or other factors, making it essential to drink plenty of water. Additionally, hydrating foods like fruits and vegetables can contribute to overall fluid intake. We are big fans of electrolyte and mineral supplements.

6. Promoting Energy Levels

Surgery can be physically taxing, often leading to fatigue. A well-rounded diet provides the necessary energy to facilitate recovery. Carbohydrates are the body's primary energy source, so including whole grains, fruits, and vegetables can help maintain energy levels.

The Healing Space

Wellness coaching, treatments
and advanced supplements.
Boost your immune system.
Improve your energy and learn
about restorative sleep.

Rebuild, cleanse and detox. Give
your body what it needs to live a
healthy, vibrant life.

Unlock a smoother recovery and
reclaim your health with
treatments and overall care
designed for optimal healing.

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