

# What is Lymphatic Drainage?

Lymphatic drainage is a holistic approach to promoting a healthy lymphatic system. The lymphatic system is a complex network of vessels and ducts that move fluid throughout the body and is responsible for moving toxins away from healthy cells and carrying germ-fighting materials to cells when they are under attack by viruses.

Though fluid moves through the lymphatic system, it does not have its own pumping mechanism. Lymphatic drainage is a type of therapy that is intended to help the body produce a free-flowing lymphatic system.

Lymphatic drainage therapy consists of a manual massage, performed by a lymphatic drainage therapist. The massage primarily focuses on specific lymph nodes and points of the body, as well as the natural flow of the lymphatic system. Proponents of lymphatic drainage believe that the process will reduce blockages of the lymphatic system, which in turn promotes a healthier body.

# Why do I need Lymphatic Drainage?

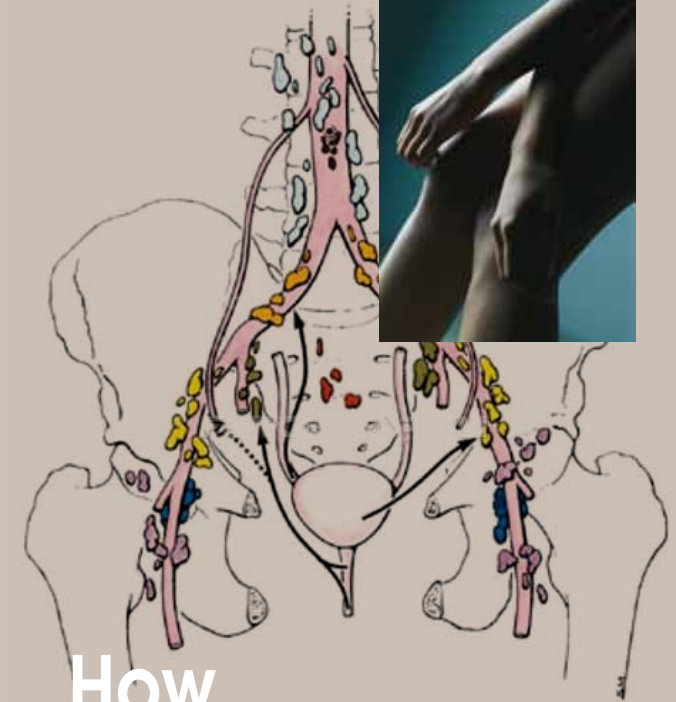
The lymphatic system is, in effect, your body's cleaning system. It takes the waste from each individual cell and, through a complex system of tiny vessels and lymph nodes, brings this waste to the kidneys to leave the body.

Although you have about twice as much lymph fluid in your body as blood, and even though the lymphatic system carries fluid in a similar way to blood, it does not have its own pump (i.e. your heart for your blood).

Therefore if the lymphatic system gets overloaded, there is nothing to keep it moving and you end up with a blockage. Your lymphatic system is also a very important part of your body's auto-immune system.

Blocked lymphatic vessels and nodes can affect the white blood cell count leading to increased vulnerability to illness and allergies. After an operation, the lymphatic vessels are affected, which can lead to blockage and lymphatic congestion.

Lymphatic drainage works to clear these blockages so that your lymphatic system can flow smoothly. This helps you both feel and look better and to recover more quickly after an operation.



# How is it done?

Here at Ocean Clinic, we work with experienced specialists to ensure a safe and pain-free way to relieve lymphatic congestion, clear blockages and remove toxins from the body.

Your lymphatic drainage therapist will use experience and manual skills to break up congestion, clear blockages, reduce postoperative scarring and swelling.

The session is almost painless, although sometimes you may feel some discomfort, especially during the first sessions which are normally within 10-12 days of your operation.



## How will I feel?

- Pain and postoperative swelling should decrease within a couple of treatments
- Increased energy after several treatments, but you may feel tired after the initial treatment
- More frequent urination to flush out the lymph mobilized by the manual drainage
- Weight loss from fluid drainage and toning of tissue
- Your skin and connective tissues will get softer as postoperative scar tissue reduces during the treatment.

Lymphatic drainage can leave you feeling tired (some of our patients even fall asleep during the massage), and it is likely you will want to take it easy for the rest of the day following your treatment session. Give your body time to ease back into activity.

## How long does it take?

Each session is app. 45 minutes long. How many sessions required will depend on the condition being treated and your body's individual response to the treatment. Your therapist will discuss this during the first treatment.

## How can I help to get the best results from it?

Lymphatic drainage works by flushing out your system and you can help by drinking plenty of water every day.



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PLASTIC SURGERY - AESTHETIC MEDICINE - DENTAL AESTHETICS

Avenida Ramon y Cajal, 7  
Marbella - [info@oceanclinic.net](mailto:info@oceanclinic.net)

951 775 518 - 670 770 455  
[www.oceanclinic.net](http://www.oceanclinic.net)

  
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951 775 518  
670 770 455  
[oceanclinic.net](http://oceanclinic.net)