Other indications for Manual Lymph Drainage:

- edema
- lymphedema (primary or secondary),
- adjunctive therapy to detoxification,
- elimination of cellular waste,
- traumatic injury,
- sinus congestion,
- fibromyalgia,
- arthritis,
- scars
- stress reduction.

Results may include:

- increased effectiveness of detoxification,
- reduction in swelling,
- tissue regeneration
- reduction of symptoms of chronic fatigue syndrome and fibromyalgia,
- pain relief,
- relaxation, aiding with insomnia, depression and stress.

Contraindications

- Uncontrolled cardiac failure;
- Renal failure;
- Pulmonary failure
- Acute infections.

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Manual Lymphatic Drainage

A gentle hands-on technique that stimulates the activity of lymph vessels improving tissue repair and immune function.

Isabel Cruz Bell
Licensed Massage Therapist (MA-45387)
Manual Lymphatic Drainage & Lymphedema Therapist
(305) 794.3520
isabelccbell@gmail.com
TherapeuticFlow.org

Partners in Healing
10400 Griffin Rd suite 204
Davie, FL 33328
(954)680.5500
PartnersInHealing.org
Manual Lymph Drainage (MLD) is a gentle hands-on technique that stimulates the activity of the lymph vessels helping the lymph to move out of congested areas and back into the circulation.

Lymph movement is essential for cellular detoxification & health, proper immune function, and tissue repair.

Increasing the lymphatic circulation facilitates the waste removal, promoting the formation of lymphocytes that produce antibodies, increasing the body’s resistance to infection.

Manual Lymph Drainage is used for general wellness, to enhance healing, and to treat lymphedema.

Benefits of having MLD Pre & Post-surgeries

Many benefits can result from lymphatic drainage before and after surgery.

Lymphatic drainage seems to promote tissue regeneration therefore reducing the formation and severity of scars.

Treatment can begin as soon as 24 hours after surgery, with approval of the doctor and as long as there are no contra-indications.

After surgery the lymphatic pathways will be very different.

Studies have shown that it takes between seven to ten days for the natural and functional continuity of the lymphatic vessels to be re-established. The most significant benefit of applying lymphatic drainage post surgically is to prevent or alleviate edema.

Pre-surgery: One to three treatment sessions are recommended.

Benefits may include:

- preparation of tissue for surgery,
- reduces swelling,
- stimulation of the immune system,
- induces a state of relaxation.

Post-surgery: As soon as 24 hours after surgery, with doctor approval.

Benefits may include:

- reduction in post-surgical swelling,
- encourages lymphatic re-routing,
- pain reduction,
- detoxification of body tissues helps reverse build-up of toxins secondary to effects of medication,
- stimulates fluid circulation,
- stimulates the immune system and helps prevent post-surgical infections,
- improves skin regeneration and wound healing.

The lymphatic system circulates fluids, proteins and immune cells throughout the body, eliminating toxins and waste products.

Normal lymph circulation keeps your body healthy, but sometimes the body becomes stressed and the lymphatic system becomes burdened. This causes toxins to accumulate in the tissues; interfering with cell nourishment which can result in excess swelling and pain.

The light pressure applied during the treatment cleanses the tissues of toxins and excess filtrate, brings oxygen and nourishment to the cells, reduces pain, and relaxes your body.

Manual Lymphatic Drainage is a health-promoting, body and face treatment.

Start feeling better today.

Call us to schedule your session.

Isabel Cruz Bell
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