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After an operation of aesthetic surgery, the procedure to be followed by the patient will be to come to the clinic as prescribed (every two days approximately) to be treated by the appropriate team of professionals. Approximately one week after the operation, the patient will be attended by the physiotherapist. In this first appointment, he will explain the progress and the evolution of the operation undergone by the patient. The physiotherapist, aware of the concerns that the patient might have, will put her mind at rest. It is quite normal for a patient who has just undergone an operation of aesthetic surgery to not feel immediately satisfied and to demonstrate certain fears when she sees that the desired effects are not immediate. This is where the role of the physiotherapist becomes so important because, apart from applying his techniques (which we will go into later) he also gives psychological support during the recovery period of the patient.

Depending on the type of lifting that has been performed, the exterior aspects can be very diverse. The face and neck show edemas and bruising. These trophic reactions are the normal defence mechanism of the immunological system, causing this inflammation. To minimize these undesired effects, we begin a therapy of lymphatic drainage. The stages in which the sessions of lymphatic drainage are carried out manually are the following : Palpation, Pressure, Drainage and once again Pressure.



At the beginning of the session, and after palpation of the lymph nodes, a saturation of liquids is noted (edema consisting of water, lymph, anti-bodies...) inside these nodes. The technique used is to apply pressure to the lymph nodes (which are like sponges that absorb the liquid and when pressure is applied the lymphatic system is activated).

Once the edema has been located, we use the technique of reabsorption into the surrounding area, bearing in mind two basic principles :

- **the direction.** The edema will be directed towards the lymph nodes, where it will be reabsorbed.

- **the pressure.** This must be the right amount and correctly applied.

The session will conclude with pressure applied once again to the lymph nodes. Once the treatment has been carried out, you can see a distinct improvement in the form of reduction of the edema.

For optimum results, you are advised to have 2 or 3 sessions per week, with a total of between 6 and 10 sessions.

Doctor's Recommendations

During the first month, take the utmost care with sun, and use a cream with maximum protection-factor. You should not carry out any exercise that in general requires any kind of effort.

It is advisable to pay special attention to hygiene and to take plenty of walks, as this helps to oxygenate the blood.