

## **Information for Patients Seeking Post-Operative Manual Lymphatic Drainage Massage Treatments:**

### **Caution: Hiring the Correct Lymphatic Massage Therapist:**

When seeking **Manual Lymphatic Drainage Massage** services after your procedure is completed, please be aware that some providers, med spas, and beauty businesses and their staff have not been properly trained, licensed or certified to perform a manual lymphatic drainage massage. When seeking out manual lymphatic massage services, please remember that your practitioner must have a separate license/certification in **Manual Lymphatic Massage** in addition to a license issued by a governmental office. Additionally, the provider should be in compliance with accepted training methods such as: **(Vodder, Foldi, Le Duc, Casley-Smith)**.

In the State of **ARIZONA**, massage therapists are not permitted to provide services which involve the pushing of fluids out of incisions because this increases the risk for fibrosis, infection and must be done in a **sterile** environment. Please note that services such as these should only be provided by your surgeon or a wound specialist.

The exact number of unlicensed/improperly trained Massage Therapists offering “**manual lymphatic massage**” in Arizona and the United States remains unknown, it is apparent that the number of unqualified massage/unlicensed therapists offering lymphatic services is growing at a rapid rate. The education and understanding of how the body heals itself after a trauma or surgery is essential to your post-surgery recovery. Contracting with improperly trained or unlicensed providers who are unfamiliar potential complications associated with post-op treatments could inadvertently cause you harm. Remember, this type of work is **NOT** meant to be performed by **UNLICENSED** and improperly trained providers. You have already spent significant money for plastic surgery, please do not place your health or the success of your surgical procedure at risk by letting someone who is not trained or licensed to perform “**Manual Lymphatic Drainage Massages**” on your body? Please review the potential massage therapists’ license and certification before contacting their services.

## **Caution: Ultrasound Cavitation Machines and Wood Therapy Tools**

**Ultrasound Cavitation Machines** is a non-surgical method of reducing cellulite, contouring, and sculpting the body.

**Wood Therapy Tools** are made specifically to manipulate and restructure fatty tissues, loosen tight and tired muscles and smooth out cellulite naturally.

**Ultrasound Cavitation Machines and Wood Therapy Tools are Not to be used for post-operative manual lymphatic drainage massages.** If you just had surgery, are swollen, and bruised, ultrasound cavitation machine and wood therapy tools can actually cause more inflammation, tissue damage and a seroma.

## **For more information contact the following resources.**

**Arizona State Board of Massage Therapy**

<https://massagetherapy.az.gov/>

**Lymphatic Massage Specialist Providers**

**ABG Wellness Chandler, AZ**

[www.abgwellness.com](http://www.abgwellness.com)

**Lymphatic Massage by Julz Chandler, AZ**

<https://www.schedulicity.com/scheduling/SASFC2>

**Lymphatic Healing Center Scottsdale, AZ**

[www.lymphatichealingcenter.com](http://www.lymphatichealingcenter.com)

**Arizona Lymphatic Massage Glendale. AZ**

<https://www.azlymphaticmassage.com>