



LYMPHATIC DRAINAGE MASSAGE (LYMPHATIC DRAINAGE) MANUAL OR BY PRESSOTHERAPY MACHINE

Client information and consent

First name :.....

Surname :.....

Date of birth:.....

PROCEDURE INFORMATION:

Main reason for lymphatic drainage massage is to open up the lymph vessels and therefore help to improve the flow of the lymph fluid. Lymphatic drainage massage is commonly used for cosmetic purposes, however in our ORP Centre the lymphatic drainage is performed for health benefits.

As this is primarily a medical procedure that can have its side effects, it is necessary to evaluate your health before starting treatment.

To ensure the best optimal outcome of your treatment, please review conditions below:

Absolute contraindications (LMD procedure can not be performed due to these conditions)

- Oncological conditions and treatments (exemption is lymphatic oedema due to removal of lymph nodes for example post breast removal with axillary lymph nodes dissection)
- Infections of any kind
- Acute bacterial infections treated with antibiotics
- Weeping, infected wounds and trauma injuries

- Acute viral infections for example herpetic viral infection - Shingles anywhere on the body
- Acute myocardial infarction, arrhythmias, cerebral stroke
- Gastric or duodenal ulcers
- Increased body temperature above 37 degrees Celsius

- Medicated brittle asthma or chronic obstructive pulmonary disease (COPD) with presenting dyspnoea (difficulty breathing)
- Unstable and poorly controlled Diabetes Mellitus
- Diseases of the liver - for example cirrhosis of the liver
- Kidney disease - conditions requiring hemodialysis
- Pregnancy - first and second trimester and risk pregnancy
- Lactation
- Acute gout conditions
- Oedema of extremities due to cardiac or renal conditions
- Psychiatric conditions, alcoholism, use of illicit drugs
- Conditions requiring any intensive therapy
- Glaucoma

Relative contraindications - LDM may be administered post review

- Cardiac diseases or conditions
- High or low blood pressure
- Hyperthyroidism
- Decreased muscle tone - Hypotonia
- Painful and heavy periods
- Carotid stenosis
- Aneurysms
- Conditions with chance of increased bleeding
- Pulmonary conditions - chronic bronchitis and asthma controlled by medications

Contraindications - where specific body side is treated

- Acute vein diseases - inflammation of veins, varicose veins, thrombosis
- DVT - deep venous thrombosis currently treated
- Pregnancy
- Menstruation
- Chronic pelvic inflammatory conditions - for example involving ovaries or Fallopian tubes
- Spastic bowel condition and constipation
- Abdominal aches of unknown etiology
- Headaches of unknown etiology and treated head injuries
- Acute rhinitis
- Contact lenses, teeth braces and dentures (please inform the physiotherapist when head and face is treated)
- Skin conditions for example eczema, psoriasis, atopic eczema and heavy acne conditions

- Large birth marks

Possible mild side effects which client may experience post treatment

The lymphatic drainage massage involves very soft techniques, therefore it is not painful nor it is unpleasant.

Day before the actual procedure clients are advised to increase their daily fluid intake. This will help to improve the actual detoxification process. Light diet prior procedure is also recommended, ideally meat should not be consumed.

During the lymphatic drainage massage client may experience dry mouth and urgency to void. If you experience any of these, please advise your physiotherapist- lympho therapist. Post procedure it is normal to feel tired and for your urine to be darker then usual and smelly.

Clients may also experience headache and other mild side effects, which should resolve in short period of time. It is recommended that clients avoid more strenuous physical or psychological activities. Clients are advised not to plan such activities on the day of the lymphatic drainage procedure.

After the lymphatic drainage massage clients are advised not to drink coffee, caffeinated drinks, alcohol, green tea and not to attend any detoxifications.

I, signed below understand the contraindications and side effects of the manual or machine lymphatic drainage massage.

I, signed below agree with the application of the lymphatic drainage massage procedure.

Signature of client:.....

Date:.....

Signature of physiotherapist attending lymphatic drainage massage:.....