



Post-Operative Safety Guide

A Calm, Evidence-Informed Approach to Healing

Welcome

Healing after cosmetic surgery requires patience, protection, and informed care.

At Wings Wellness, our approach to post-operative manual lymphatic drainage (MLD) is built on one principle: *Protect the tissue. Respect physiology. Support the system.*

This guide will help you understand what is safe, what is not, and when to contact your surgeon.

1. Understanding Post-Surgical Swelling

After procedures such as liposuction (including Lipo 360), tummy tuck, arm or thigh lift, breast procedures, chin liposuction, facelift, or combination surgeries, your body enters an inflammatory healing phase.

This includes temporary swelling, fluid shifts, tissue sensitivity, and collagen remodeling.

Swelling is normal. Aggressive manipulation is not necessary for healing.

2. What Manual Lymphatic Drainage (MLD) Is

MLD is a gentle, light-pressure technique that:

- Encourages internal lymphatic movement
- Supports fluid balance
- Promotes comfort
- Respects incision integrity
- Is adapted to your stage of healing

MLD does not force fluid out of incisions, replace medical care, break open wounds, or require painful pressure.

If your session hurts, something is wrong.

3. What MLD Does NOT Treat – Seromas

A seroma is a collection of clear serous fluid that accumulates in a space created during surgery. When tissue is separated or removed, a temporary cavity (“dead space”) may form, and fluid can collect there as part of the inflammatory response.

Seromas are a known surgical risk and are typically created during surgery. Management is determined by the surgeon and may include monitoring, compression adjustments, or needle aspiration under sterile medical conditions.

Manual lymphatic drainage does not treat clinically significant seromas. If you suspect one, contact your surgeon.

4. The Risk of Aggressive “Squeeze” Techniques

Some techniques attempt to push fluid out through surgical incisions using forceful pressure. This is not evidence-based lymphatic therapy.

During early healing, tissue planes are fragile, blood vessels are delicate, lymphatic pathways are disrupted, and collagen is actively forming.

Aggressive pressure can increase inflammation, disrupt fragile tissue, raise infection risk, contribute to excessive scar formation (fibrosis), and delay healing.

Healing cannot be rushed by force.

5. Fibrosis: What You Should Know

Fibrosis refers to excess or disorganized scar tissue formation. Some scar formation is normal after surgery.

However, excessive inflammation or repeated mechanical stress during early healing may contribute to hard nodules, rope-like bands, tissue tightness, and uneven texture.

There is a time and place for structured fibrosis management—but not during the inflammatory phase.

Timing matters. Technique matters.

6. Red Flag Symptoms – Contact Your Surgeon If You Notice:

- Fever or chills
- Increasing redness or warmth
- Foul-smelling drainage
- Sudden or severe swelling
- Escalating pain
- Incisions reopening
- Rapid localized fluid accumulation

Manual lymphatic drainage supports healing. It does not replace medical care.

7. The Wings Wellness Standard

We use gentle, anatomy-informed technique, respect surgical timelines, avoid direct pressure on incisions, work within surgeon guidelines, refer back to your medical team when needed, and prioritize long-term healing over dramatic visuals.

We do not perform aggressive incision expression.

Your body deserves thoughtful care.

8. Healing Timeline (General Overview)

- Weeks 1–3: Inflammatory phase – Focus on gentle support and protection.
- Weeks 4–8: Early remodeling phase – Continued swelling support and gradual tissue mobility.

- After 8 Weeks: Scar maturation phase – Structured tissue work if appropriate.

Every surgery and body is different. Always follow your surgeon’s specific instructions.

Technique Comparison Table

Technique	Evidence-Based?	Risk Level
Manual Lymphatic Drainage (MLD)	Yes, when properly trained/certified and appropriately timed	Low when performed correctly
Surgeon-Directed Drain Management	Yes, medically supervised	Managed within clinical standards
Aggressive Incision Expression / “Squeeze Massage”	No, not evidence-based post-operative therapy	Elevated risk of tissue disruption, inflammation, and infection
Brazilian Lymphatic Massage	Primarily temporary aesthetic technique; not equivalent to medical MLD and not specifically evidence-based for early post-op lymphatic recovery	Varies by pressure and timing; deeper techniques may increase inflammation if performed too early

Educational Disclaimer

This guide is for educational purposes only and does not constitute medical advice. Always follow your surgeon’s instructions and consult your surgical team for evaluation of fluid collections, wound concerns, or complications.

About Wings Wellness

Wings Wellness provides evidence-informed, compassionate post-operative care for cosmetic surgery patients. Our philosophy centers on:

- **Patient Safety:** Every protocol is designed to protect your healing tissue and respect your unique physiology.
- **Clinical Excellence:** Our team is trained in gentle, anatomy-informed manual lymphatic drainage (MLD) and follows the latest surgical guidelines.
- **Integrity & Trust:** We work closely with your surgical team, refer back to medical professionals when needed, and never compromise on safety for dramatic results.
- **Education & Empowerment:** We believe informed patients heal better. Our guides, protocols, and sessions are designed to help you understand your healing process and make confident decisions.

Our Commitment

At Wings Wellness, your well-being is our highest priority. We avoid aggressive, non-evidence-based techniques and focus on long-term healing. Our approach is calm, respectful, and always aligned with your surgeon's instructions.

Contact & Support

For questions, appointments, or further information, please contact:

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