



CANADIAN PLASTIC SURGERY CENTRE

POSTOPERATIVE INSTRUCTIONS FOR LYMPHATIC MASSAGE

Dr. Chivers recommends that patients begin lymphatic massage treatments within 1 to 2 weeks after surgery to help support optimal healing and minimize post-surgical swelling.

Why It's Important:

Liposuction can disrupt lymphatic flow, which may cause fluid buildup, swelling, and discomfort. Postoperative lymphatic drainage massage can help:

- Reduce swelling and fluid retention
- Improve circulation
- Encourage smooth healing
- Enhance overall surgical results

When to Start:

Start your lymphatic massage sessions within 1–2 weeks after surgery, unless otherwise directed by your surgical team.

Who Should Perform It:

Lymphatic massage should only be performed by a trained professional with experience in postoperative care. Please confirm that the therapist or clinic is familiar with treating patients after cosmetic surgery.

Healthcare Benefits Coverage:

If you have extended healthcare benefits, Dr. Chivers is happy to provide a prescription for lymphatic massage to support your insurance claim.



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Recommended Local Option:

If you are looking for a nearby provider, Aethos offers lymphatic massage and is experienced in postoperative care.

- Website: www.aethos.ca
- Email: team@aethos.ca
- Phone: 416-546-1511
- Address: 41 Scarsdale Rd, Unit 2, Toronto

You are welcome to choose any provider, but please ensure they understand the specific needs of post-liposuction recovery.

CPSC Contact Information

Clinic Phone (During Business Hours): 437-523-4196

After Hours Questions or Concerns: nursing@canadiansurgery.com

If you are ever unsure about something during your recovery, **please reach out.**