

MLD in Postoperative VASER Patients – an update

In November 2012 Deborah Berry and Yvonne Foster-Palmer met with Dr Wolf at The Private Clinic in Birmingham to further discuss VASER Liposuction. Those who attended the Conference in May 2012 will recall this was one of the subjects presented.

Dr Wolf informed us that he was first introduced to MLD during his training in the VASER techniques and subsequently he researched MLD further. He has concluded that, in his opinion, it should form an integral part of post VASER care (and in certain cases pre – procedure as well).

To remind the reader, VASER is: **Vibration Amplification of Sound Energy through Resonance** leading to the emulsification of fat, the lipoaspirate, being removed by light suction.

The Private Clinic recommends MLD to its patients and includes information about it in their patient information pack. They also employ MLD therapists directly and the Clinic always directs patients to www.mlduk.org.uk. Compression garments, which are worn following the VASER procedure, are measured for and provided by the Clinic. These can be anything from compression vests, compression bras, abdominal and leg garments to an all encompassing leg and torso garment. People who spend extended time sitting (at desks, in cars etc.) may experience fibrosis of tissues at the crease points. In these cases a foam abdominal support worn inside the compression garment may be necessary

The MLD^{UK} helpline receives many contacts from therapists who want to know how best to help people post procedurally. It is impossible to stipulate, as every patient is different in terms of his or her build, activity levels, outlook, etc. and, as always, therapists need to adapt their approach to suit the individual. That said Dr Wolf shares with us the following:

Part of Body Treated	Number of Treatments Suggested
Abdomen	+/-10 within 2-3 weeks (with a minimum of 5)
Flank	5 – 10 ditto (with a minimum of 7)
Thighs	+/-5 ditto (slender female 3, otherwise 5)
Male chest	+/-5 ditto (minimum 3)
Upper Arms	+/-5 ditto

High / Mid Definition - daily for Week 1 and then 10 –15 sessions in 2-3 weeks.

For Breast Reduction (due to the tendency for nodules to occur) the recommendation is 10 MLD treatments over a 2-3 week period and then weekly for 3-4 months.

Of course this should be preceded by full or short neck and it will be necessary for the therapist to consider which main drainage pathways should be used, for example abdominal + thigh procedure may require drainage to axilla. It is imperative that the insertion sites are not disturbed initially which may otherwise lead to bleeding and interrupt the healing process. As the sites heal, work can be carried out over them if necessary.

People with lipoedema are recommended to have pre-procedural MLD and will continue to need post-procedure compression for life. Dr Wolf has advised that the Private Clinic does not measure for compression leg garments, which form this long-term care. This is left with the MLD therapist. Only those worn immediately following VASER are provided. Some lipoedema clients may have bandaging pre and post VASER.

It has been observed by the Clinic that people who discontinue MLD too soon may experience nodule formation and scarring at the insertion points. This can be resolved subsequently with more MLD and a topical application of a recommended silicone based gel/ cream. Deborah Berry and Yvonne Foster-Palmer were given the name of a product called Kelo-cote®.

The discussions with Dr Wolf also included how best to gather evidence-based research on the efficacy of MLD and VASER. Due to many factors involved this has been left with Dr Wolf who is considering the best way for this to be achieved.

Developments will be included in future issues, so keep reading your MLD^{UK} journal!!

by Deborah Berry and Yvonne-Foster-Palmer

PS – From the Office: We sometimes receive calls from Therapists, who are trained to Level 1, asking if they may treat post operative VASER clients – please note the wording on the Therapy 1 Certificate:

The participant is authorised to apply the method on patients with an efficient lymph system and in the field of pre and post-operative care and post traumatic diseases. The treatment of oedemas (e.g. Lipoedema, primary lymphoedema and secondary lymphoedema) is not included and can only be applied after successful completion of the Manual Lymph Drainage Combined Decongestive Therapy/Decongestive Lymphatic Therapy (MLD CDT or DLT) training.

As postoperative VASER patients are generally healthy, with functioning lymphatic systems, MLD can be done to very good effect by those MLD practitioners qualified to Therapy 1. Therapists should note, however, that the surgeon may require some VASER clients to have bandaging pre and/or post procedure. If this is the case the therapist must hold a current Level 3 qualification and ensure their insurance covers them for bandaging.