



## Manual Lymphatic Drainage (MLD) Benefits

### How can MLD help?



Reduces Bruising

Relieves Sinus and hayfever

Reduces Lymphedema (Swelling)

Reduces Odema during pregnancy

Releases Fluid retention

Helps with Pre/post surgery

### What does MLD do?

- ✓ Increases lymphatic fluid flow
- ✓ Helps remove toxins from the body
- ✓ Builds immunity



Schedule an appointment online.  
It's easy, fast and secure.

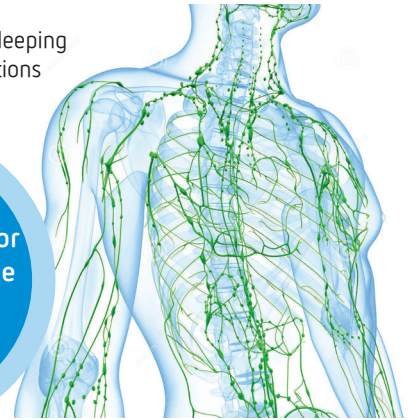
## Self care after MLD treatment

During lymphatic drainage the flow of your lymph fluid increases significantly.

### What can I experience after a MLD?

Frequent visits to the toilet  
Runny nose  
Feeling fatigued  
Deep sleeping or difficulty sleeping  
Temporary flare up of conditions  
Perspiration

The above should only last for 24-48 hours while the body is re-balancing itself.



### What should I do to help my body after a MLD?

- ✓ Increase water intake
- ✓ Deep breathing - This helps to circulate the blood and lymph fluid through the body
- ✓ Make time to rest
- ✓ Wear loose fitting clothing and underwear to assist with the lymphatic flow

50A McLachlan Street, Horsham VIC 3400  
Phone: 0491 644 501  
info@weworx.com.au



Association Member  
Health Fund Provider

[www.weworx.com.au](http://www.weworx.com.au)