

Nurse on the Geaux

OPTIMAL HEALTH BEYOND THE SURFACE



Manual Lymphatic Drainage

Benefits for Prenatal Support

- 1. Reduces Swelling:** Pregnancy can lead to edema (swelling), and lymphatic drainage massage helps to gently move excess fluids out of your tissues.
- 2. Improved Circulation:** By stimulating the lymphatic system, feelings of heaviness in the legs can be alleviated and reduce the risk of varicose veins.
- 3. Relief from Discomfort:** Stress from pregnancy can cause pain in areas like lower back, legs, and feet and MLD in the 2nd and 3rd trimester can bring relief.
- 4. Enhanced Immune Function:** By promoting lymphatic flow, MLD supports the immune system which is beneficial as the body undergoes various changes during pregnancy.
- 5. Relaxation and Stress Reduction:** The gentle nature of MLD can promote relaxation and reduce stress which is beneficial for both mother and developing baby.
- 6. Supports Healing:** MLD can facilitate the removal of metabolic waste products, which can particularly helpful during the recovery period after childbirth.

It is important for pregnant women to get clearance from their OB before starting MLD services.