

# RETRIEVAL GUIDE / STUDY GUIDE FOR

## Plastic Surgery Recovery and Fibrosis Massage class

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## What will we learn?

First we'll go through an overview of what happens to clients BEFORE they come to us for help. You'll be able to:

- ✧ Describe popular plastic and orthopedic surgery operations
- ✧ Discuss symptoms and experiences of patients after plastic surgery

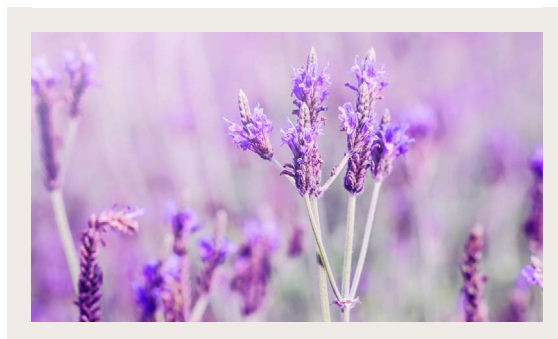
Then we'll look at what is happening in our client's bodies after surgery and how our massage will affect them. You'll be able to:

- ✧ Explain contraindications to post-surgery massage
- ✧ List and describe the stages of wound healing

Then we'll really get into the heart of the course. I answer the critical questions that will take your massage practice to the next level and encourage your clients to rebook. You'll be able to:

- ✧ List and describe which modalities are most effective at different stages of wound healing
- ✧ Describe modalities and client self-care actions that can reduce swelling and other side effects of surgery
- ✧ Design a sample session for a post-op client based on your current knowledge and skills

Lastly, we'll look at ways we can further improve our skills. You'll be able to list and describe continuing education options.





## 1. Describe popular plastic and orthopedic surgery operations

What are some popular plastic surgery operations?

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Which ones would you like to learn more about?

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## 2. Discuss symptoms and experiences of patients after plastic surgery

### PAIN POINTS FOR OUR CLIENT:

1. Exhausted
2. Didn't realize how painful it would be
3. Buyers remorse and depression
4. Increased swelling
5. Painful restrictive garment
6. Loss of social interaction
7. Afraid massage will be painful

Other Pain Points you have seen:

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What is the most important outcome of liposuction?

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**Notes on the Journal Articles:**

‘High-definition liposculpture: what are the complications and how to manage them?’

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‘Liposuction zones of adherence’

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‘Unfavourable outcomes of liposuction and their management’

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### 3. Explain contraindications to post-surgery massage

List some Contraindications

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### 4. List and describe the stages of wound healing

Hemostasis

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Inflammatory

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Proliferative

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Maturation

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## 5. List and describe which massage modalities are most effective at different stages of wound healing

Hemostasis

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Inflammatory

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Proliferative

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Maturation

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What is swelling?

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**What is Lymphatic load?**

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**What is Transport Capacity?**

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**What is Insufficiency?**

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**What is Mechanical Insufficiency?**

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**What is Combined Insufficiency?**

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**How Can We Describe Swelling in our SOAP Notes?**

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**What is inflammation?**

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**What is bruising?**

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**What are histamines?**

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**What is fibrosis?**

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Methods for treating fibrosis I would like to try:

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How Can We Describe Fibrosis in our SOAP Notes?

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How can we reduce pain / increase ROM?

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Positioning and draping tips:

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What's so special about stretching?

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**6. Describe modalities and client self-care actions that can reduce swelling and other side effects of surgery**

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**7. Design a sample session for a post-op client based on your current knowledge and skills**

Which modalities will you use?

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**Your Session:**

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