

Melbourne Massage and Treatment



- Move More, Live Well -

Pre- & Post-Cosmetic Surgery MLD Bundle

Support your body before and after cosmetic surgery with specialised **Vodder-Style Manual Lymphatic Drainage (MLD)** treatments designed to:

- Improve recovery;
- Reduce swelling;
- Help achieve the best possible surgical outcome.

Why This Bundle?

Cosmetic surgery places significant stress on the body and lymphatic system. This specialised MLD bundle is designed to help reduce swelling, support healing, and optimise recovery outcomes before and after surgery.

Why Choose Pre & Post-Surgical MLD?

MLD may help with:

- Reduce swelling and fluid retention
- Support faster recovery
- Improve lymphatic circulation
- Assist bruising reduction
- Help minimise fibrosis risk
- Support scar tissue healing
- Reduce discomfort and heaviness
- Promote relaxation before surgery

10 SESSION BUNDLE

\$1250 (Save \$200) – GST included

Designed to support your recovery during the most important healing phase following surgery

- **3 Pre-Operative Sessions** - Prepare and stimulate the lymphatic system before surgery.
- **7 Post-Operative Sessions** - Support recovery, swelling reduction, and tissue healing after surgery.
- **All sessions are 60-minute** Vodder-Style MLD treatments tailored to your stage of recovery.

Bundle Treatment Guidelines

Pre-Operative Care - The 3 pre-operative sessions should be completed during the week prior to surgery, with the final treatment ideally scheduled **24–36 hours before surgery**.

Post-Operative Care - The 7 post-operative sessions must be used within 4 weeks of the first post-surgery treatment.

Important - Your first post-operative session must always be cleared by your surgeon.

Payment & Bundle Policy

Payment for the MLD Pre- & Post-Cosmetic Surgery Bundle is due on the day of the first appointment. Please note that all bundle purchases are non-refundable.

To achieve the best recovery outcomes, the bundle must be used within the recommended treatment timeframe:

- The 3 pre-operative sessions must be completed within the week prior to surgery.
- The 7 post-operative sessions must be used within 4 weeks following the first post-surgical treatment.

The treatment bundle is strictly non-transferable and can only be used by the original client purchasing the package.

About Giovanni

Giovanni La Rocca holds a Bachelor in Health Science (Clinical Myotherapy) and is trained in Vodder-Style Manual Lymphatic Drainage with advanced training in cosmetic surgery recovery and Lymphoedema management.

To book your bundle or discuss your surgery recovery plan, contact Giovanni at Melbourne Massage and Treatment.

Giovanni La Rocca

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