

# SCAR THERAPY – LYMPHATOUCH

## THE EFFECTIVE & GENTLE SOLUTION

Following a C-section or surgery it is normal for your scar to feel tight, raised, sensitive or numb.

You may also notice residual swelling puffiness or overhanging.

LYMPHATOUCH is a remedy for these symptoms – to gently lift, mobilise and soften the scar tissue, to support your body in remodelling the collagen fibrin and muscle fibres beneath.

Leaving you with a softer, more subtle and comfortable scar.

### WHAT TO EXPECT

#### 1. ASSESSMENT

Our specialist physiotherapists will carry out an in-depth assessment of your body to better understand your injury / operation / pregnancy & birth. We can then establish a lymphatouch treatment plan, alongside any strengthening or rehabilitative treatment & exercise that may also support your recovery.

#### 2. GENTLE MECHANICAL LIFTING

Lymphatouch uses light negative pressure to softly lift the skin and underlying fascial layers. Different sized silicone cups are applied to the skin and we will use various pressures and techniques to lift and release the scar. The treatment intensity is always tailored to your comfort and should not be painful.

#### 3. POST-TREATMENT

Many patients notice immediate softening and reduced tightness right after a session. Mild, temporary skin redness is normal and indicates healthy increased blood flow. There should be no pain at the time nor following treatment.

### KEY RECOVERY BENEFITS

- **REDUCES & FLATTENS SCARS:** Lifts stuck tissue to prevent the classic 'pouching' or overhang above the incision.
- **BREAKS DOWN ADHESIONS:** Soften deep, rigid scar tissue bound to muscular or fascial layers.
- **RELIEVES PAIN & NUMBNESS:** Gently stimulates nerve endings to help restore normal sensation and pain around the scar.
- **CLEAR SWELLING:** Boosts lymphatic drainage to reduce post-surgical swelling and inflammation.
- **RESTORES MOVEMENT:** Releases tightness around your scar making exercise and daily movement comfortable again.

### TREATMENT PLANS & PRICING

INITIAL Assessment & 1st Treatment (60 mins): £185

FOLLOW UP Treatment Package 3 x Treatments

(30 mins): £300

(An 3 additional follow-up sessions may be recommended for stubborn or difficult scar tissue.)

BOOK ONLINE: [FOURSIDESLONDON.COM](https://foursideslondon.com)

185-189 NORTHCOTE ROAD SW11 6QF

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