Complete Decongestive Therapy (CDT) is the evidence-based gold standard intervention for lymphedema and related conditions, combining manual lymphatic drainage (MLD), compression therapy, therapeutic exercise, meticulous skin care, and patient education for long-term self- management.



COMPLETE DECONGESTIVE THERAPY

What Complete Decongestive Therapy Offers:

- Reduction of limb, trunk, or head/neck volume and associated heaviness or tightness
- Manual lymphatic drainage to reroute lymph flow around compromised pathways
- Multi-layer compression bandaging progressing to a fitted garment for maintenance
- Decongestive exercise and functional/ROM training
- Skin care to reduce infection (cellulitis) risk
- Individualized home self-management and garment-wear education for long-term limb reduction/maintenance



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Lymphedema Primary or Secondary:

For patients with primary lymphedema or secondary lymphedema from surgery, trauma, radiation, or infection, CDT is the first-line conservative treatment. Early referral, before significant fibrosis develops, is associated with better volume reduction and easier long-term management.

Lipedema:

For patients with lipedema, CDT does not reduce the disproportionate adipose tissue itself, but it is a core part of conservative management. It addresses secondary lymphatic overload and associated swelling, improves tissue mobility and pain, and supports comfort and function. It is also frequently used before and after lipedema-specific surgical treatment (e.g., tumescent liposuction) to optimize tissue quality and manage post-procedural swelling.

Patients In or Following Cancer Treatment:

Oncology patients — particularly following lymph node dissection, radiation, or reconstructive procedures for breast, gynecologic, urologic, or melanoma-related cancers — are at elevated risk for treatment-related lymphedema. We provide:

- Pre-treatment baseline limb measurements and risk-reduction education
- Early-stage intervention to prevent progression to chronic, fibrotic lymphedema
- Ongoing surveillance visits for at-risk patients even before overt swelling appears

Post-Cosmetic Surgery:

Following procedures such as liposuction, abdominoplasty, body contouring, or reconstructive/cosmetic breast surgery, CDT can meaningfully improve the recovery course. Possible benefits include:

- Faster resolution of post-operative edema and reduced firmness/tightness
- Softening of early fibrosis and scar tissue for improved contour outcomes
- Decreased seroma-related risk when combined with compression management
- Improved comfort and earlier return to normal activity

IF YOU OR SOMEONE YOU KNOW COULD BENEFIT FROM THIS PROGRAM PLEASE CALL

580.251.8460

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