

Lymphatic drainage by device is very efficient in the following:

- oncologic patients (mastectomy, operative removal of lymph nodes or radiotherapy)
- chronic swelling (edema)
- gout and other joint inflammations and arthropathies
- obesity and cellulitis
- senile skin disorders
- care following burns, injuries, scars, etc.
- vascular lesions in diabetes
- neuralgia and neuropathy
- corrections of poorly performed manual lymphatic drainage
- detoxification and body regeneration
- sports injuries
- stress and strain



References:

1. Kraljević N, Antolić D, Selak H, Kiseljak D. Fizioterapijski postupci u liječenju limfnog edema. U: Physiotherapy in the treatment of lymphedema. In: Fizioterapija u onkološkom liječenju i rehabilitaciji-odabrane teme. Zagreb: Medicinska naklada, 2014. (in Croatian)
2. Planinšek Ručigaj T, Tlaker Žunter V, Miljković J. Naša iskustva s kompresijskom terapijom limfedema. Acta Med Croatica 201;64:167-173. (in Croatian)



Visit us with confidence  
and improve your health!

You can get an appointment  
for lymphatic drainage readily  
by calling the  
Unit for Preventive Medicine  
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# Lymphatic drainage for health and beauty

Do you feel heavy or painful  
and uncomfortable?

Refresh your body  
by lymphatic drainage!



## What should you know about lymphatic drainage?

Lymphatic drainage is a technique used to establish fluid balance in the body, to remove harmful metabolic products, and to stimulate lymphatic system activity, thus improving the overall body condition, while exerting favorable therapeutic effects in numerous diseases.

Experience has shown lymphatic drainage to be very useful in healthy individuals as well; in combination with reduction diet and appropriate physical activity, it is an excellent option for as rapid as possible achievement of ideal body weight and nice appearance. Lymphatic drainage is part of various relaxation programs.

In particular, lymphatic drainage is recommended in the postoperative period, as it can accelerate considerably whole body recovery by acting on the immune system, thus improving overall body defense. In addition, lymphatic drainage acts on the autonomic nervous system leading rapid relaxation and indirectly eliminating stress.

## What is lymphedema?

Lymphedema is swelling of a part of the body, mostly extremities, which occurs consequentially to excess lymph accumulation. The most common symptoms are feeling heavy, painful discomfort and extremity swelling. According to etiology, it can be primary (lymphatic hypoplasia) and secondary.

Secondary lymphedema usually occurs after:

- surgical procedure, in particular following lymph node removal during operation for breast cancer
- radiotherapy
- trauma
- tumor induced lymph obstruction

The swelling is mostly unilateral and can be aggravated by warm weather, prolonged extremity position below the heart level, forced extremity position, tight clothes, and overweight.

## What should you know about lymphatic drainage by use of a device?

Lymphatic drainage by use of a device is a procedure that stimulates lymphatic activity, renews lymph flow at critical sites, improves blood flow, and precipitates body fluid exchange. The procedure is primarily aimed at reducing or removing lymphedema and associated symptoms, while also acting upon other states associated with lymph flow. Nowadays, lymphatic drainage is an integrated part of modern rehabilitation and regenerative care.

## Lymphatic drainage tariff

|  |            |
|--|------------|
| Lymphatic drainage - one arm 30 min        | 55.00 HRK  |
| Lymphatic drainage - one arm 45 min        | 75.00 HRK  |
| Lymphatic drainage - one arm 60 min        | 90.00 HRK  |
| Lymphatic drainage - two arms 30 min       | 90.00 HRK  |
| Lymphatic drainage - two arms 45 min       | 110.00 HRK |
| Lymphatic drainage - two arms 60 min       | 135.00 HRK |
| Lymphatic drainage - trunk and legs 30 min | 100.00 HRK |
| Lymphatic drainage - trunk and legs 45 min | 120.00 HRK |
| Lymphatic drainage - trunk and legs 60 min | 145.00 HRK |

## What do we offer?

**State-of-the-art equipment and our highly experienced professional team warrant full success.**

The lymphatic drainage device (BTL-Lymphastim 12 Topline) functions on the principle of intermittent pneumatic compression (pressure).

The procedure is performed through compression of arm sleeve/leg sleeve filled with air. Filling of particular sleeve chambers at pre-programmed intervals proceeds slowly, forming gentle and rhythmic pressure waves upon the affected area.

This treatment is very pleasant and efficient.

Relaxation is felt in the treated areas, while removal of lymphedema also relieves pain.

