

# Plastic Surgery Myofascial and Fibrosis Massage after Liposuction

## COURSE SYLLABUS

This course syllabus covers all topics in the course. Please seek clarification from Kathleen Lisson should you not understand any portion of it.

**COURSE TITLE/NUMBER:** Plastic Surgery Myofascial and Fibrosis Massage after Liposuction

**CREDIT HOURS/UNITS:** 4 hours

**INSTRUCTOR CONTACT INFORMATION:** Kathleen Lisson

9921 Carmel Mountain Rd. #300 San Diego, CA 92129 USA

1-619-880-6538 solacesandiego@gmail.com

**PREREQUISITES:**

Licensed Massage Therapist, Occupational Therapist or Physical Therapist  
AND training in manual lymphatic drainage

**REQUIRED BOOK:**

None

**RECOMMENDED BOOKS:**

Cooling for Lymphedema, Jean Yzer  
Deep Tissue Sculpting : A Technical and Artistic Manual for Therapeutic Body  
Work Practitioners, Carole Osborne-Sheets  
Foldi's Textbook of Lymphology, M. Foldi & E. Foldi  
Foundations of Manual Lymph Drainage, M.Foldi  
Plastic Surgery Recovery Handbook, Kathleen Lisson

**CLASS MATERIALS & EQUIPMENT**

**INSTRUCTOR:** Handout Material

**STUDENTS:** Writing paper, Pencils/Pens, Books

**COURSE DESCRIPTION:** The Plastic Surgery Recovery Massage class will familiarize students with applications of massage and bodywork therapy for specific needs of the post-plastic surgery client.

**LEARNING OBJECTIVES:** Upon completion of this course, students will have knowledge of plastic surgery procedures as well as massage modalities that can help patient recovery.

**LEARNING OUTCOME:** Students will be able to design a sample session for a post-op client based on their current knowledge and skills

**Course Objectives:**

List popular plastic surgery operations

Describe what happens during liposuction

Discuss symptoms and experiences of patients after liposuction

Explain contraindications to post-surgery massage

List and describe the stages of wound healing

Describe the effect of inflammation on the body

List and describe which modalities are most effective at different stages of wound healing

List Activities of Daily Living that may be affected by liposuction

Describe effects of manual lymphatic drainage massage that may benefit clients after liposuction

Describe effects of myofascial massage that may benefit clients after liposuction

Describe effects of fibrosis massage that may benefit clients after liposuction

Describe client positioning for post-liposuction myofascial and fibrosis massage

***EVALUATION OF OBJECTIVES:***

Written quiz

***EVALUATION METHODS:***

Attendance, participation in discussion and a quiz are used to assess student knowledge and skills

Class Participation –

- Interaction with Instructor and others.
- Follows instructor's instructions during the sessions.
- Remains attentive, alert and awake during lectures.
- Actively participates in discussions.

In class assignments -

- Each student must complete a quiz.

***PERFORMANCE STANDARDS:***

Pass / Fail. A passing grade is based on a quiz score of 70% or more.

***ELECTRONIC DEVICES:***

All electronic devices must be turned off during class unless arrangements have been made with the instructor. You may need to have your phone on during class in case of an emergency. In most instances however, all cell phones must be turned off. The use of electronic devices in class is permitted in certain instances including the use of a laptop, iPad or cell phone for note taking purposes.

No part of the class may be reproduced, transmitted or published in any form or by any means, electronic, recording, photocopying or otherwise without permission of the instructor.

## **Registration Deadlines**

Payment must be made in full within one (1) week prior to the workshop start date.

## **Cancellation policies**

Kathleen Lisson reserves the right to cancel a workshop up to 2 weeks prior to the date. Please do not book airline tickets until you have confirmed with Kathleen Lisson that your workshop is being held. Kathleen Lisson will not be held responsible for airline ticket penalties, interruptions of travel or hotel expenses. Please ensure that Kathleen Lisson has your correct email address and phone number. Please contact Kathleen Lisson at 619-880-6538 if your contact information has changed.

## **Refund policy**

Tuition is fully refundable up to 15 days prior to start of workshop. Partial (50%) tuition is refundable if cancelled before one (1) week prior to workshop; NO refund if cancelled after one (1) week prior to start of workshop. If you are just making a deposit and not paying in full, the deposit is subject to the Cancellation/Refund Policy. Please make refund requests in writing to: Kathleen Lisson 9921 Carmel Mountain Rd. #300 San Diego, CA 92129. No refunds will be issued for books or other supplies purchased for the class.

## **CLASS CURRICULUM**

### Hour 1

What is liposuction?

What are the top plastic surgery procedures?

Where are clients getting messages about plastic surgery and recovery options?

What emotions are our clients feeling when they walk into our office?

Side effects and complications of liposuction

How does MLD work?

Range of Motion (ROM) and Activity of Daily Living (ADL) improvement.

### Hour 2

Lumps and bumps / fibrosis

What are some contraindications to massage after surgery?

How do we describe our work and findings in SOAP notes?

When Can We NOT Help Clients

### Hour 3

Stages of Wound Healing

What types of massage are best at each stage of wound healing?

What is inflammation?

How can we treat lumps, bumps and fibrosis?

### Hour 4

Client Draping and Positioning

Fibrosis session

Massage after Specific Liposuction Operations

Demonstration

Conclusion and Quiz