



Course Title: Advanced Manual Therapies for Post-Cosmetic Surgery

Provider: Monarch Consulting and Education (Monarch CE) – Approved NCBTMB CEU Provider

Instructor: Carmen Recupero, BS, LPTA, CMT, CLT-LANA – Licensed Physical Therapist Assistant and Certified Massage Therapist with specialty certification in lymphatic therapy. Carmen has 20+ years of clinical experience in rehabilitation and post-surgical care and is the founder of Monarch CE. *She has been a keynote speaker at multiple national and international conferences in the field of lymphatic drainage.*

Next live class: October 17-18th at Queens College in Charlotte, NC

Also available as a recorded class.

Course Description:

This advanced 2 Day live, or virtual course trains licensed manual therapists (LMTs, PTs, PTAs, CLTs, etc.) in specialized techniques for post-cosmetic surgery care. **An additional remote day, (7.5 hours total), distance learning is waived if you are MLD certified or a CLT. It is provided for free if you are not a MLD or CLT certified therapist, but is highly recommended before the live instruction.** The curriculum covers the anatomy and physiology of the lymphatic system, an overview of common cosmetic surgical procedures (face, neck, and body) and their post-operative implications, and evidence-informed manual therapies to improve recovery. If a participant is not MLD certified, or a CLT, they are welcome in the course, but are encouraged to watch an MLD/Lymphatic System overview, provided for free. Through interactive lectures, demonstrations, and case discussions, participants learn to manage post-surgical edema, pain, fibrosis, seromas, and scars. Emphasis is placed on **Manual Lymphatic Drainage (MLD)**, scar mobilization, compression garment strategies, and patient education – all aligned with current best practices and Virginia Board requirements. Upon completion, therapists will be equipped to safely and effectively support cosmetic surgery patients' healing process, optimizing outcomes and patient well-being.

Learning Objectives: Upon completion of this course, participants will be able to:

- **Explain relevant anatomy & physiology** of the lymphatic and venous systems as they relate to edema and healing in post-cosmetic surgery patients
- **Identify common cosmetic surgery procedures** of the face, neck, and body (e.g. liposuction, abdominoplasty, breast augmentation, facelifts) and describe their primary goals and typical functional impacts or complications.

- **Recognize common post-operative complications** (pain, swelling, bruising, seroma, hematoma, infection, scar adhesions, etc.) and differentiate normal healing responses from red-flag issues requiring medical referral.
- **Demonstrate proficiency in manual therapies** for post-surgical care, including performing basic MLD techniques to reduce edema, gentle range of motion and massage and other soft tissue techniques to improve mobility, and the safe integration of adjunct modalities (e.g. kinesiotaping, gentle myofascial release).
- **Apply advanced scar management strategies** to minimize fibrosis and optimize scar healing, such as implementing scar massage protocols and utilizing silicone gel or compression to prevent hypertrophic scarring.
- **Utilize compression garments and positioning effectively** to control swelling and support tissue healing, including proper fitting education and advising on duration of use.
- **Educate and support patients** through the recovery process, addressing psychosocial aspects (e.g. anxiety, body image concerns) and providing guidance for home care, warning signs, and maintaining realistic expectations for recovery.

Instructional Methods:

- **Live Lecture/Presentation:** Instructor-led presentations (via webinar) with slide deck, covering theoretical content and evidence background.
- **Demonstration Videos:** Live or pre-recorded demonstrations of MLD strokes, scar massage techniques, compression wrapping, etc., with instructor commentary.
- **Interactive Q&A and Discussion:** Real-time question-and-answer sessions each day; group discussions of clinical scenarios to reinforce decision-making.
- **Case Studies:** Analysis of sample post-surgery patient cases (e.g. post-liposuction with seroma) in virtual breakout groups, followed by group debrief.
- **Practical Lab (Virtual):** Guided self-practice of manual techniques: participants follow along with instructor (on themselves or a volunteer, as feasible) to practice hand motions for MLD and scar mobilization. Instructor provides feedback and answers technique questions.
- **Visual Aids:** Clinical images, anatomical diagrams, and short animations used to illustrate key points (e.g. lymphatic drainage pathways, before/after swelling).
- **Assessments:** Knowledge checks throughout (poll questions during lecture) and a final post-test quiz to ensure comprehension.

Course Outline & Time Breakdown: (Total 15 hours live instruction)

- **Day 1 (7.5 hours total), online, distance learning, virtual: Waived if you are MLD certified or a CLT.**
 - **Introduction and Pre-Test (0.5 hr):** Welcome, course overview, initial knowledge quiz/discussion of participants' experience.
 - **Section 1: Anatomy & Physiology Review (1.5 hr):** Lymphatic system anatomy, circulation physiology, and wound healing phases; includes Q&A.
 - **Section 2: Manual Lymphatic Drainage (MLD) Techniques (2.0 hr):** Instruction in MLD principles and step-by-step techniques for face and body. Live demonstration by instructor on a model (or video) showing proper hand motions, sequences (e.g. neck lymph node clearing then distal to proximal strokes). Participants practice along (as able) and receive feedback. Emphasize indications, contraindications, and intensity (gentle pressure). Cite current evidence on MLD benefits in cosmetic surgery recovery (e.g. reduced post-op swelling, improved comfort)
 - **Day 1 Wrap-Up (0.5 hr):** Summary of Day 1 key points, preview of Day 2 (manual techniques). Participants' questions addressed.
- **Day 2 (7.5 hours total):**
 - **Section 3: Cosmetic Surgery Procedures Overview (2.5 hr):** Descriptions of common face, neck, and body cosmetic surgeries. For each, discuss goals, basic surgical process, and immediate post-op considerations or precautions (e.g. areas of lymphatic disruption). Includes short breaks and group discussion of any cases participants have seen.
 - **Section 4: Post-Op Complications and Healing (2.0 hr):** Detailed look at common complications: pain (pain management approaches), edema (stages of swelling), bruising, seroma vs. hematoma differences and incidence, infection signs. Discussion of factors affecting healing (age, health, extent of surgery). Interactive poll: "What complications have you managed?" and group sharing. (15 min break midway.)
 - **Section 5: Other Manual Techniques & Adjuncts (1.5 hr):** Training in additional hands-on therapies: gentle **myofascial release** for tight areas, **scar massage** techniques (demonstration of cross-friction and circular scar massage on healed incisions), **range of motion exercises** to prevent stiffness, and use of **modalities** (if any in scope, e.g. vibration devices or low-level laser for scar).

Also cover adjunct therapies like **kinesiology taping** for swelling and recommended **home-care exercises**. (Includes a short break and Q&A after demos.)

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- **Section 6: Compression Garment Application (1.0 hr):** Discussion and demonstration of compression garments/bandaging. Explain proper fitting, levels of compression, and precautions (avoiding folds, not too tight to impair circulation). Participants will be shown examples of abdominal binders, arm and chin/face compression wraps used post-surgery. Evidence on outcomes with compression presented (e.g. reduced edema/bruising) Also address the limits of compression (e.g. not a guarantee to prevent seromas but standard practice for support).
- **Day 2 Wrap-Up (0.5 hr):** Review key techniques learned. Open Q&A.
- **Day 3 (7.5 hours total):**
 - **Section 7: Managing Seromas and Complications (1.0 hr):** Focus on specific complication management strategies. For **seromas**: how to identify them, when to refer for aspiration, and conservative measures therapists can take – **manual drainage and compression** to encourage reabsorption. For **fibrosis**: techniques like deeper massage or instrument-assisted soft tissue mobilization once appropriate. Includes caution on scope of practice (distinguishing what therapists handle vs. surgeon-managed). Group discussion of experiences managing these issues.
 - **Section 8: Psychosocial Support & Patient Communication (0.5 hr):** The therapist's role in patient education and emotional support. Role-play scenarios on communicating with anxious post-op patients, setting expectations (e.g. timeline for swelling resolution), and collaboration with surgeons (when to report issues).
 - **Section 9: Case Studies and Integration (2.0 hr):** Interactive analysis of comprehensive case examples. **Case 1:** Post-abdominoplasty patient with moderate edema and limited ROM – develop a treatment plan (MLD, exercises, garment, scar care). **Case 2:** Post-BBL (Brazilian Butt Lift) patient with a seroma – discuss identification and coordination with surgical team. **Case 3:** Post-facelift patient concerned about lumpiness (fibrosis) – plan manual therapy and patient education. Participants break into small groups virtually to outline management for each case, then share insights. Instructor provides feedback, highlighting best

practices.

- **Section 10: Advanced Topics and Current Evidence (1.5 hr):** Mini-lectures on special topics: e.g. “**Enhanced Recovery After Surgery (ERAS) in plastics**” – how pain management, nutrition (arginine, bromelain, etc.) and early mobilization contribute to outcomes; **Latest Research** on lymphatic therapy (summarize any new studies 2022–2025 on post-op manual therapy). Encourage participants to critically appraise and integrate new evidence into practice.
- **Section 11: Assessment (1.0 hr):** Administer the **15-question multiple-choice post-test quiz** covering all course objectives. Participants complete the quiz individually online. The instructor then reviews each question with the group, reinforcing correct answers and clarifying misconceptions as a final learning opportunity.
- **Section 12: Conclusion and Evaluation (0.5 hr):** Final Q&A – address any remaining questions. Provide take-home reference list and resources for further study. Course evaluations are collected (feedback on content, instructor, delivery). **Certificates of completion** are issued to those who attended fully and passed the quiz (≥70% score).
- **Day 3 Wrap-Up (0.5 hr):** Closing remarks by instructor, encouragement for clinicians to apply skills in practice, and information on contacting Monarch CE or instructor for mentorship/follow-up.

Assessment Methods:

- **Attendance:** Full attendance of all live sessions (monitored via login duration) is required by Virginia regulations for CE credit.
- **Knowledge Assessment:** 15-question post-course quiz (multiple-choice) to evaluate comprehension of learning objectives. A passing score of 70% is required. The quiz content aligns with course objectives (e.g., identifying a complication, recalling a technique’s purpose, etc.), ensuring learners can apply critical concepts.
- **Skills Discussion:** Although hands-on skills can’t be formally tested in a virtual format, interactive case study discussions and Q&A serve to assess participants’ ability to integrate and apply techniques appropriately. Instructor gauges understanding through these activities and provides corrective feedback in real time.
- **Course Evaluation:** Participants complete a satisfaction survey at course end, per Virginia CEU requirements, to review course effectiveness and provide feedback (this is for quality improvement, not graded).

Completion Requirements: Participants must attend the entire 22.5-hour course, actively participate in learning activities, and achieve a passing score on the post-test. Those who meet these requirements will receive a certificate of completion and the designated CEU credits. Records of attendance and exam results will be kept on file as required by the Virginia board.