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# Manual Lymphatic Drainage and Scar Tissue: What It Can—and Cannot—Do

## Introduction

Scar tissue is a natural part of healing after surgery, injury, or radiation. While scar formation is expected, the quality and behavior of scar tissue can vary widely. In some cases, scars remain soft and flexible; in others, they become tight, thickened, or restrictive. Manual lymphatic drainage (MLD) is often included in recovery plans—but understanding its role helps set realistic expectations and supports better outcomes.

# How Scar Tissue Develops

Scar tissue forms as the body repairs damaged tissue by laying down collagen fibers. Ideally, these fibers organize in a way that allows normal movement and function. However, when swelling persists or inflammation remains elevated, scar tissue may become:

- Dense or thickened
- Less mobile within the surrounding tissue
- Associated with discomfort, pulling, or pressure
- Connected to ongoing lymphatic congestion

Because the lymphatic system is responsible for clearing inflammatory byproducts and excess fluid, its efficiency directly influences how scar tissue evolves.

## What Manual Lymphatic Drainage *Can* Do for Scar Tissue

MLD plays an important role in optimizing the healing environment and supporting scar recovery.

### 1. Reduces Swelling That Contributes to Scar Restriction

Persistent fluid buildup increases pressure in healing tissues and can contribute to scar stiffness. MLD helps reduce this congestion, allowing tissues to settle and remodel more effectively.

### 2. Supports Healthier Tissue Remodeling

By improving lymphatic circulation, MLD helps reduce the inflammatory load in scarred areas. Over time, this can support softer, more adaptable tissue behavior.

### 3. Improves Tissue Comfort and Sensation

Scar areas often feel tight, heavy, numb, or hypersensitive. Gentle lymphatic work can help normalize sensation and reduce discomfort as healing progresses.

### 4. Enhances Tissue Mobility Indirectly

As swelling decreases and tissue pressure normalizes, scars may feel less restrictive and move more freely within surrounding tissue.

## **5. Prepares Tissue for Additional Scar Therapies**

MLD is commonly used before or alongside more targeted scar techniques, helping tissues tolerate deeper work when appropriate.

## **What Manual Lymphatic Drainage Cannot Do Alone**

While MLD is valuable, it is not a stand-alone solution for all scar-related concerns.

### **MLD is not designed to be aggressive or forceful.**

Its strength lies in gentle, precise stimulation—not high pressure or rapid change.

### **MLD does not replace targeted scar intervention when restrictions are significant.**

Established adhesions, deep restrictions, or functional limitations often require additional manual techniques and therapeutic exercises.

### **MLD is not an instant fix.**

Changes in scar behavior occur gradually and depend on timing, consistency, and the body's healing capacity.

## **Timing Matters in Scar Care**

MLD is especially helpful in the **early and intermediate stages of healing**, when inflammation and fluid retention are still influencing scar formation. Early lymphatic support may help guide healthier tissue remodeling when performed with appropriate medical clearance.

In later stages, MLD continues to support tissue health by managing residual swelling and maintaining tissue flexibility as part of a broader care plan.

## **Why a Combined Approach Works Best**

Optimal scar recovery often involves multiple strategies working together, including:

- Manual lymphatic drainage
- Targeted scar mobilization techniques
- Movement and stretching
- Compression or support when indicated
- Patient education and home care

Each element addresses a different component of healing.

## The Bottom Line

Manual lymphatic drainage plays a meaningful role in scar management by reducing swelling, regulating inflammation, and supporting tissue comfort and mobility. While it has limitations, MLD helps create the conditions necessary for healthy scar recovery—especially when introduced early and used consistently as part of a comprehensive treatment plan.

Setting realistic expectations early enables patients to engage fully in their care and understand how lymphatic support fits into the broader context of healing.



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