

Manual Lymphatic Drainage (MLD) Massage: Breast

Here are instructions on how to do massage to help drain fluid from your breast.

Things to know about MLD Massage

- Use only gentle pressure, just enough to see your skin move.
- Massage should not be painful.
- Do not rub your skin red.
- Do massage each day.
- Repeat each step 5 to 10 times.

How to do MLD Massage

It is important to only do massage if you have been told to do so by your physical therapist. Your physical therapist will teach you how to do the massage at home.

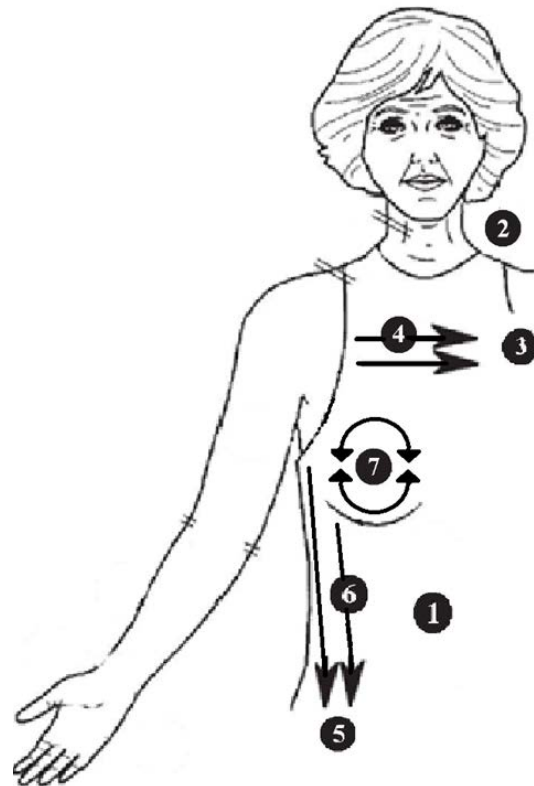
1. Abdominal (belly) breathing: Breathe in (inhale) so your belly expands and rises. Breathe out (exhale), pulling your belly button in towards your spine.
2. Using 3 fingers, massage the lymph nodes in your neck just above the collar bone. Massage the skin in a semi-circle, moving towards your neck.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

3. Use the flat surface of your fingers to massage the lymph nodes in your armpit on the uninvolved side. Massage your skin forward and up.

4. Use the flat surface of your hand to massage across your chest. Start from your armpit on the involved side, and move to the armpit on the uninvolved side.

5. Put you hand on the top of your thigh with your thumb near the fold where your leg joins your body. Massage the skin in your groin area up and out toward the side of your leg.



6. Use the flat surface of your hand to massage down the side of your trunk from the armpit on the involved side to your groin.

7. To do the following massages, place one hand under your swollen breast and your other hand on top of the breast, creating a “football hold”.

- a. Use both hands to move your breast in a “smiley face” motion from one side to the other, creating an arc below the breast.
- b. Using both hands, move your breast in a “rainbow” motion from one side to the other, creating an arc above the breast.