



OFFICIAL LEDUC METHOD MANUAL LYMPHATIC DRAINAGE TRAINING

Institution: HMK London College

Lead Instructor: Prof. Olivier Leduc

**Methodological Reference: OFFICIAL LEDUC
METHOD MANUAL LYMPHATIC DRAINAGE
TRAINING**

Event venue: Hotel Ibis Milano Centro / Italy

Adress: Via Camillo Finocchiaro Aprile, 2
20124 Milano (MI), Itália

Dates : 11th to 14th February 2027

Duration: 4 days

Total learning hours: 36 hours

Daily schedule: 9:00 – 18:00 (8 hours/day including
breaks)

mode: face to face

Maximum number of participants: 35

Target audience: Qualified physiotherapists, Level 3 aestheticians, Level 3 massage therapists, and other regulated healthcare professionals with prior anatomy and clinical knowledge.

METHODOLOGY INTRODUCTION – LEDUC METHOD

The Leduc® Manual Lymphatic Drainage Method is a therapeutic approach based on the functional understanding of the lymphatic system and specific manual techniques designed to optimise lymphatic flow and support post-operative recovery. In plastic surgery patients, the method aims to reduce oedema, improve lymphatic drainage, minimise pain and discomfort, assist in haematoma reabsorption, and prevent complications related to fluid accumulation. The technique follows structured sequences of call-up and absorption manoeuvres, respecting anatomical lymphatic pathways and regional lymph nodes. The course combines evidence-based theoretical learning with supervised practical training and clinical reasoning

GENERAL AIM

To train healthcare professionals in the understanding, application, and adaptation of the Leduc® Manual Lymphatic Drainage Method, ensuring safe and effective clinical competence in the management of post-operative aesthetic surgery patients and conditions related to

lymphatic disorders such as lymphoedema and lipoedema.

SPECIFIC OBJECTIVES

By the end of the course, participants will be able to:

- Understand the anatomy and physiology of the lymphatic and venous systems applied to post-operative plastic surgery care
- Identify the mechanisms of oedema formation, fibrosis, haematomas, and lymphatic alterations during the post-operative period
- Recognise indications, contraindications, and precautions for manual lymphatic drainage in patients undergoing aesthetic surgical procedures
- Correctly apply the principles of the Leduc® Method, including call-up and absorption techniques in post-operative management
- Perform regional lymph node stimulation safely and effectively within the context of surgical recovery
- Carry out treatment protocols for the face, trunk, upper limbs, and lower limbs in post-surgical patients
- Adapt lymphatic drainage protocols according to the type of plastic surgery procedure and the different post-operative stages
- Develop clinical reasoning skills for patient assessment and individualised treatment planning
- Integrate theory and practice in clinical decision-making related to post-operative plastic surgery care
- Ensure safety, ethics, and high-quality professional practice in the therapeutic management of

post-operative patients

DAY 1 – Opening and Course Introduction

11 February 2027 | 09:00–18:00

09:00–09:30 – Opening and Course Introduction

- Presentation of the course structure, programme schedule, educational objectives, and introduction to the Leduc® Method, including call-up and absorption manoeuvres, proximal lymph node stimulation, and the anatomical logic of manual lymphatic drainage.

09:30–10:30 – Theoretical Foundations

- Micro and macro anatomy and physiology of the lymphatic and venous systems.
- Capillary physiology, lymph formation, Starling's law, hydrostatic, oncotic and osmotic pressure, and oedema pathophysiology.

10:30–10:45 – Coffee Break

10:45–12:00 – Anatomy of the Lymphatic System

- Lymphatic anatomy of upper and lower limbs.
- Radiological lymphography, lymphofluoroscopy, planar lymphoscintigraphy, and SPECT/CT.

12:00–13:00 – Lunch Break

13:00–14:00 – Practical Session: Call-Up Manoeuvres for Lower Limbs

- Supervised practical training of Leduc® Method call-up manoeuvres for lower limbs.

14:00–15:00 – Practical Session: Call-Up Manoeuvres for Upper Limbs

- Supervised practical training of Leduc® Method call-up manoeuvres for upper limbs.

15:00–15:15 – Coffee Break

15:15–16:15 – Theoretical Session: Pathophysiology of Oedema

- Venous oedema, lymphatic oedema, hydrostatic pressure, varicose veins, deep vein thrombosis, economy class syndrome, decreased oncotic pressure, and lymphatic insufficiency.

16:15–17:00 – Clinical Signs and Pathophysiology of Oedema

- Clinical signs of lymphoedema, heart failure oedema, and RAAS-related oedema.

17:00–18:00 – Clinical Signs and Oedema Assessment

- Hypodermatitis, oedema measurement methods, dissection demonstrations, lymphatic vessel depth, and the Periquite system.

DAY 2 – Clinical Pathophysiology of Oedema and Advanced Assessment

12 February 2027 | 09:00–18:00

09:00–09:30 – Opening and Course Overview

- Review of Day 1 and presentation of learning objectives.

09:30–10:30 – Supervised Practical Session in Manual Lymphatic Drainage – Leduc Method

- Practical application of call-up and reabsorption techniques according to the Leduc® Method.

10:30–10:45 – Coffee Break

10:45–12:00 – Manual Lymphatic Drainage of the Head and Neck

- Physiological drainage pathways, cervical evacuation routes, lymphatic territories, and manoeuvre sequences.

12:00–13:00 – Lunch Break

13:00–14:00 – Manual Lymphatic Drainage of the Face by Regions

- Drainage of submaxillary, preauricular, and submental lymph nodes, including oral region pathways.

14:00–15:00 – Manual Lymphatic Drainage of the Cheek, Lower Eyelid, and Lateral Nose

- Practical application of lymphatic drainage techniques for facial regions.

15:00–15:15 – Coffee Break

15:15–16:15 – Clinical Applications of Manual Lymphatic Drainage

- Postoperative applications following rhinoplasty, blepharoplasty, facelift, and facial trauma.

16:15–17:00 – Importance of Manual Lymphatic Drainage Using the Leduc Method

- Postoperative facial surgery management and facial compression.

17:00–18:00 – Question and Answer Session: Manual Techniques in Plastic Surgery Using the Leduc Method

- Discussion of clinical cases, scientific evidence, and professional experiences.

DAY 3 – Practical Application and Plastic Surgery Protocols

13 February 2027 | 09:00–18:00

09:00–09:30 – Opening and Day Overview

- Review of Day 2 and orientation for practical applications.

09:30–10:30 – Q&A Session and Scientific Evidence Review (Leduc® Method)

- Review of scientific evidence supporting Manual Lymphatic Drainage.

10:30–10:45 – Coffee Break

10:45–12:00 – Practical Session: Post-Operative Manual Lymphatic Drainage (Upper Body and Abdomen)

- Postoperative drainage for upper limbs, breast surgery, liposuction, and abdominoplasty.

12:00–13:00 – Lunch Break

13:00–14:00 – Practical Session: Post-Operative Manual Lymphatic Drainage (Posterior Trunk)

- Drainage techniques for posterior trunk, flanks, and gluteal procedures.

14:00–15:00 – Practical Session: Post-Operative Manual Lymphatic Drainage (Advanced Practice)

- Advanced drainage sequences adapted to surgical procedures.

15:00–15:15 – Coffee Break

15:15–16:15 – Clinical Practice: Integrated Post-Operative Manual Lymphatic Drainage

- Integrated drainage for face, upper limbs, abdomen, trunk, and lower limbs.

16:15–17:00 – Theoretical Session: Post-Operative Complications

- Fibrosis, seroma, dehiscence, inflammation, and clinical considerations.

17:00–18:00 – Q&A Session: Manual Techniques in Plastic Surgery

- Clarification of techniques and adaptations for different procedures.
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DAY 4 – Clinical Integration, Complications and Advanced Post-Operative Practice

14 February 2027 | 09:00–18:00

09:00–09:30 – Opening and Day Overview

- Review of previous days and introduction to complications and clinical integration.

09:30–10:30 – Clinical Complications in Post-Operative Care

- Seroma, infection, inflammation, tissue healing alterations, and complications.

10:30–10:45 – Coffee Break

10:45–12:00 – Post-Operative Compression and Support Garments

- Surgical garments, abdominal boards, foams, and pneumatic compression boots.

12:00–13:00 – Lunch Break

13:00–14:00 – Clinical Theory: Indications and Contraindications of Post-Operative Manual Lymphatic Drainage

- Indications, contraindications, precautions, and safety considerations.

14:00–15:00 – Clinical Integration: Pre-Operative and Post-Operative Context

- Timing of intervention and physiological changes across surgical phases.

15:00–15:15 – Coffee Break

15:15–16:15 – Clinical Integration: Tissue Healing and Post-Operative Progression

- Healing phases, fibrosis, oedema reabsorption, and protocol adaptation.

16:15–17:00 – Clinical Case 1: Wound Dehiscence and Seroma

- Analysis of a patient with seroma, wound dehiscence, oedema, and ecchymosis after abdominoplasty and liposuction.

17:00–18:00 – Clinical Case 2: Fibrosis in Post-Operative Plastic Surgery

- Analysis of fibrosis, tissue adhesion, reduced mobility, and residual oedema following liposuction.

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