

Facial Lymphatic Drainage

The de-puffing technique everyone's doing on social media — here's the actual anatomy behind it, the direction that matters most, and why most people get step one wrong.

#LymphaticDrainage

#FacialMassage

#DePuff

#SkinScience

⚠ BEFORE YOU START

Lymphatic drainage is gentle, but it isn't for everyone. **Skip it** if you have an active infection, fever, a blood clot or DVT, untreated cancer, or heart or kidney conditions — check with your physician first if any of those apply to you.

The #1 Mistake Almost Everyone Makes

Skipping the neck. Your face's lymph vessels all **funnel down through nodes near your ears and jaw, then down your neck to your collarbones** before that fluid can actually leave the area. If you only massage your face and never clear the neck and collarbone first, you're pushing fluid into a pathway that's already backed up — like pushing more water into a clogged drain.

Step 1

Always open the collarbone & neck nodes first — before touching your face

Nickel

weight of pressure is all you need — lymph vessels sit just under the skin

THE ORDER THAT ACTUALLY WORKS

STEP 1 Collarbone

- Gentle circles above each collarbone
- Opens the main drainage exit point
- 10–15 circles, light pressure

STEP 2 Neck

- Fingers below ears, stroke down to collarbone
- Clears the cervical nodes that drain the whole face
- 10 strokes, each side

STEP 3 Face

- Forehead & cheeks: center outward
- Under-eyes: inner corner toward temples
- Always finish by sweeping back down to the neck

HOW TO KNOW YOU'RE DOING IT RIGHT

Pressure should be light enough that you're moving skin, not muscle — if you can feel muscle underneath your fingers, you're pressing too hard. Your skin should stay its normal color throughout; if you see flushing or redness, you've shifted from lymphatic (fluid) work into circulatory (blood flow) work, which is a different technique entirely.

After Your Treatment

When lymphatic drainage helps your results — and when to wait. Timing depends on what you had done, so when in doubt, ask before you book.

#PostTreatmentCare

#AftercareMatters

#AskYourProvider

GENERAL TIMING BY TREATMENT

TREATMENT	GENERAL GUIDANCE	WHY
Dermal Filler	Light facial drainage on non-injected areas is often fine within days; ask your injector about the treated area specifically	Filler is still settling into its final shape for several weeks
Botox / Tox	Providers commonly advise waiting roughly 3–14 days before facial drainage near treated areas — ranges vary, so ask yours	Pressure too soon could theoretically encourage product migration before it binds
Microneedling	Wait until visible redness/downtime has resolved, typically a few days	Skin barrier is temporarily compromised right after treatment
Laser / RF Treatments	Follow your provider's specific aftercare — often a longer window than filler or tox	Healing timeline varies more by device and settings used
Sculptra	Massage is part of the protocol, not something to avoid — follow your provider's specific instructions	Sculptra uniquely requires massage to distribute evenly

THE GOLDEN RULE FOR COMBINING TREATMENTS

Always tell every provider about everything you've recently had done — injectables, lasers, peels, massage. Timing conflicts between treatments are the most common avoidable mistake, and your provider can only plan around what they know about.

WHAT IT CAN HELP WITH POST-TREATMENT

COMMON BENEFIT

Less Swelling

- Helps move post-procedure fluid along
- May reduce the "puffy" period after injectables

COMMON BENEFIT

Even Settling

- Can help minimize asymmetric swelling
- Supports more even-looking results

COMMON BENEFIT

Comfort

- Gentle, relaxing technique
- Often paired with facials as an add-on

HOW WE THINK ABOUT IT AT HELLO GORGEOUS

Lymphatic drainage is a genuinely useful tool — for de-puffing, for comfort, and as supportive aftercare once timing is right. But "right after every treatment" isn't always the answer, and we'd rather walk you through the real timeline than rush you into something that could work against your results. Still family-owned, still honest, still in your corner.