



Petra Erving, MLD/CDT, CLT,HLC2

Petra Erving is a certified lymphoedema therapist, scar tissue specialist, and holistic lifestyle coach with over 20 years of hands-on clinical experience. She is the founder of The Aftercare Academy, an education platform dedicated to training massage, MLD, and lymphoedema therapists in safe, effective postoperative care—particularly for patients recovering from aesthetic and cosmetic plastic surgery.

Petra has worked across the UK's public and private sectors, including in two major London teaching hospitals, hospice care, and within prestigious plastic surgery clinics. She has worked alongside leading consultants in plastic and reconstructive surgery, dermatology, oncology, and wound healing, which has shaped her science-led, patient-centred approach.

Her advanced workshops focus on Complete Decongestive Therapy following surgery, integrating manual lymph drainage, compression therapy, lymphatic taping, and incision care. In collaboration with consultant plastic surgeon Mr. James McDiarmid, FRCS (Plast), Petra runs in-depth training at Wood MediSpa in Devon, UK, where students observe live surgery and gain practical clinical reasoning skills rooted in postoperative physiology. Petra's focus is in applying CDT principles following aesthetic and cosmetic plastic surgery. Her goal is to raise awareness, improve outcomes, and equip therapists with the tools and confidence to support this vulnerable patient group safely and effectively.

Disclosures: I have no financial or non-financial interests.