

# **FAQ'S on SUCTION ASSISTED LIPECTOMY (LIPOSUCTION)**

## **1. What is SAL?**

Suction assisted lipectomy or liposuction is the procedure used to remove localized areas of excessive fat or adipose tissue collection using high vacuum suction through a long cannula.

## **2. Where does SAL work best and who is a good candidate?**

The best candidates are patients who are in good health and have localized areas of fat such as the thighs, waist, abdomen, flanks, hips, upper arms and under the chin. It is not used for weight reduction or to improve obesity. Diabetics, patients with heart disease, heavy smokers or patients requiring anti-inflammatory medication or regular aspirin are high risk and should not undergo this surgery.

## **3. What type of anesthesia is used?**

Dr. Guerriere performs this procedure while the patient is under general anesthesia in a hospital operating room.

## **4. Will there be bruising and for how long?**

Yes. Most patients have some obvious bruises for 10 days to 2 weeks.

## **5. What kind of scars are there?**

The scarring for liposuction is minimal. Depending on what areas are suctioned, the scars, which are approximately 1cm long, are placed in the groin area, around the navel, in the fissure of the buttocks, or in the back of the knees.

## **6. How much weight/ inches can I expect to lose from this procedure?**

Although it is not a weight reduction procedure, most patients lose 2-3 inches in the areas suctioned.

## **7. Is this procedure painful?**

Liposuction is very uncomfortable for the first 3-5 days, and it is advisable to rest for those first few days. Dr. Guerriere will prescribe pain medication for you.

## **8. What are the risks?**

As with any surgical procedure, there are risks of infection, hematoma (blood accumulation under the skin), nerve injury (causing permanent numbness), or anesthesia complications, but these are rare. More common risks are irregular lumps and bumps, which may require another surgery and cannot be predicted.

## **9. What are the post procedure restrictions?**

In the operating room, the doctor will place a compression garment on you, which resembles a girdle. This must remain on for the next two months, for 22 hours a day. You may remove it for washing and showering. This helps to smooth out the scar tissue under the skin. Not wearing the garment will result in a poor surgical outcome, lumps and bumps, and may require another procedure for correction. You will want to rest for 3-4 days, and you should not stand for a prolonged amount of time. This often causes uncomfortable swelling and pain around the legs and ankles. You should not perform any heavy-duty work, lifting of more than 10 lbs, or strenuous exercise for 4-6 weeks.

#### **10. When can I shower?**

You can shower within the first 48 hours, though it may be uncomfortable to remove the compression garment. Dr. Guerriere does not recommend soaking in a bath for 4-6 weeks until your wounds have healed. This also applies to swimming or soaking in a hot tub, as bacteria can enter the wounds while they are still weak.

#### **11. When can I tan?**

It is not recommended to tan, whether by sun or artificial light, for at least 3 months on bruised areas and 6 months for scars. Although the bruises may disappear in a few weeks, the blood stays in the skin and can leave dark stains when exposed to sunlight for prolonged amounts of time.

#### **12. When can I exercise?**

Moderate exercise, such as walking, can be resumed after 4-6 weeks, provided you are not having any leg swelling or cramping.

#### **13. How much time should I take off of work?**

Most patients need about 5-6 days before they can fully return to a desk job.