



## Suction-Assisted Lipectomy (SAL) Post-Operative Instructions

FOR THE NEXT TWO WEEKS, DO NOT TAKE ANY ASPIRIN OR ASPIRIN CONTAINING PRODUCTS (BUFFERIN, ANACIN, EXCEDRIN, ADVIL, MOTRIN, ALEVE, ANAPROX, ETC.)

Aspirin interferes with normal blood clotting. If needed, you may take Tylenol. If you have any questions about a product, check with your pharmacist or call our office anytime at 541 / 773 / 6700.

### WHAT TO DO IN THE FIRST 24 - 48 HOURS:

- When you leave the surgery center, go home and go to bed. For the first 24 hours, get up to go to the bathroom and for meals only. The next day, you may be up and around the house for short periods of time. You may find it easier to sit in a recliner rather than to sit upright in a chair.
- Take pain medication or Tylenol only **AS NEEDED**, and all other medications as directed. You may lie in any position that is comfortable to you. Move your legs often to help with circulation. Wear the compression garment night and day. You may change your garment daily if desired. You may reinforce dressings if there is drainage. Sanitary napkins work well to absorb any fluid drainage.

### AFTER 48 HOURS AND FOR THE NEXT TWO WEEKS:

- Moderate compression on the suctioned areas is very important to optimize your final result. A compression garment must be worn night and day for the first 2 weeks, then daytime thereafter for an additional 2 to 3 weeks.
- You may drive a car when you are not taking pain medicines any longer. Massage therapy is helpful in softening the tissues and can be started 1 week after surgery. Limited light exercise may begin after the first week. Avoid sun exposure to suctioned areas until all bruising has disappeared and Dr. Kreul has given his approval. Sun can cause permanent pigment changes in the skin. It takes up to 6 months for the final result; be patient. If there are any questions about these instructions, please feel free to call our office.

### FLUID REPLACEMENT:

- It is very **IMPORTANT** to drink large quantities of fluids in the weeks following fat removal by liposuction. You will be losing some fluids from your vascular space into the areas that have been suctioned. This may lower your blood pressure when you stand up. You want to replace the fluid and electrolytes that you will be losing. **DRINK** Gatorade or Powerade, as well as large quantities of water every day beginning the day after the surgery. It is also recommended that you take a multivitamin with iron to help rebuild your red blood cells. These are available over the counter at your pharmacy.

### BATHING AND SHOWERING:

- You may shower the day after surgery. It is recommended that you remove the compression garment for 30 minutes **BEFORE** you shower or bathe. This should prevent becoming lightheaded while you are in the shower. Also, **DO NOT** take a very hot shower or bath. This dilates the blood vessels in the skin and will cause more dizziness. Use water that is comfortable, but not hot, in the first week. Do not use a hot tub or Jacuzzi until instructed by Dr. Kreul or his staff.

## Important Post-Operative Instructions

With any surgical procedure, there is the remote possibility of developing phlebitis or blood clots, which can travel to other areas of the body. If this phenomenon occurs, it could require hospitalization and/or prolonged anti-coagulation therapy. In very rare instances, it can be fatal.

IT IS RECOMMENDED THAT YOU TAKE THE FOLLOWING PRECAUTIONS AFTER SURGERY:

1. Drink a lot of fluids for several weeks following your surgery. It is very important that you **STAY HYDRATED**.
2. Get out of bed periodically and take short walks around the house. This will help to keep the blood circulating in your legs.
3. When lying in bed, raise and lower your feet frequently to keep the leg muscles working and blood flowing through your body.
4. If you drive or are a passenger in a vehicle, move your feet up and down frequently and drink plenty of fluids.

**NOTE - THE PATIENT MUST HAVE A RESPONSIBLE ADULT PRESENT FOR THE FIRST 24 HOURS AFTER SURGERY.**

