

BARIATRIC SURGERY DISCHARGE INSTRUCTIONS

These instructions will serve as general guidelines to assist you in your recovery after surgery. If you have a question or problem, do not hesitate to call our office.

PAIN CONTROL:

- The laparoscopic incision will be sore. Some incisions may be more painful than others. As they heal, they usually develop a small swelling beneath the skin. This is normal.

ACTIVITY:

You cannot drive yourself home the day of discharge. Please make arrangements ahead of time. You will not be released to work for a minimum of 2 weeks after discharge.

- Moderate physical activity will help you recover more quickly but avoid exercises that strain your abdominal muscles (i.e. lifting more than 20 pounds) for at least 4 weeks. Light housework is permitted but no pushing/pulling such as vacuuming.
- Use the incentive spirometer ten times a day for 10 days to increase your breathing capacity.
- Walk daily until you can walk 30 minutes without stopping. You may use a treadmill one week after discharge. Climb stairs slowly and pause every few steps.
- Showering:
 - Shower only for the first 3 weeks. Do not scrub incision for 3 weeks. No baths, Jacuzzi, or swimming for 3 weeks after surgery.
- Sex is safe 2-3 weeks after surgery.
- **NO** driving for one week after surgery or until there is no pain or discomfort that might interfere with emergency maneuvers. All patients must be off narcotics prior to operating any vehicle/equipment.
- If you experience any burning, pain, bleeding, hesitancy or frequency when urinating, call McMinnville Surgical Associates at 503-434-6060.

NO TRAVEL BEYOND 50 MILE RADIUS OF WILLAMETTE VALLEY MEDICAL CENTER UNTIL TWO WEEKS AFTER SURGERY

DO:

- **Fluids:** Drink minimum of 64 oz of clear liquids daily. Many people tolerate clear liquids for the first few days after surgery.
 - Days 1-3
 - Minimum 30 oz fluid
 - Minimum 30 grams of protein
- **Exercise:** Walk daily until you can walk 30 minutes without stopping.
- **Check your temperature and heart rate** in the morning and in the evening for the first week after leaving the hospital. To check your temperature accurately, wait for at least 10 minutes before and after having liquids in your mouth. Then take your temperature using an oral thermometer. To check your pulse, place your index finger over the pulse on the inside of your wrist nearest your thumb; count the number of times you feel a beat for 30 seconds and multiply that number by two. Record your temperature and pulse on your food record.

For temperature above 101.5 or a resting heart rate higher than 120, during regular office hours (08:00 – 4:00) Monday – Thursday; (08:00 – 12:00) Fridays, **call 503-434-6060 immediately**. During closed hours, weekdays, and on the weekends, **call McMinnville Surgical Associates** at 503-434-6060 and have the on-call general (Bariatric) surgeon paged.
- **Record** your fluid and protein intake, your temperature and your pulse on your food journal. Bring this record to your week two post-op visit.
- **Join our Support Group**. Group meetings are the first Tuesdays of the month and the third Monday of each month at McMinnville Surgical Associates.

MEDICATIONS:

- All medicine is liquid, chewable or crushed for the first month after surgery.
- **Gas problems** are common after gastric surgery. If you have pains from gas at home, try Simethicone drops, Bean-O, or Gas-X.
- **Constipation** after gastric surgery is also not uncommon. Because of possible problems with hemorrhoids, hernias and intestinal blockages, it is important to prevent constipation. It may be necessary to take a stool softener, such as **Miralax**, for the first month or so, until you can drink more fluids and eat more fiber. You may take one dose (17 grams) of **Miralax** up to twice a day. Call McMinnville Surgical Associates at 503-434-6060 for constipation lasting longer than three days or excessive diarrhea. (1 Tablespoon mixed with 4-6 oz of water post surgery)

- **Pain medication: Liquid Tylenol 1,000 mg** every 6 hours as needed. Some patients may require a stronger pain medication (your surgeon will prescribe as needed).
- **Prilosec:** (or other antacid prescribed by your surgeon) 40 mg, one daily for one year following surgery. It is okay to open the capsule and mix with an allowed food such as yogurt.

VITAMINS & MINERALS:

You need to take a multivitamin supplements **for the rest of your life** to prevent deficiencies. Some people may need additional supplements.

- Resume all vitamins and minerals after your 2 week follow up appointment with the surgeon.
- Follow the vitamin/mineral chart recommendations in your guidebook, and **call the dietitian at 503-687-3030** with any questions.

DON'Ts:

- Do not take any anti-inflammatory pain medications (i.e. ibuprofen, Advil, Motrin, Naprosyn, Aleve, etc.) unless approved by your surgeon.
- DO NOT drink alcohol.
- Female patients *should not get pregnant for 18 months after surgery* until weight loss has stabilized. Birth control pills are one option starting two weeks after surgery. Use TWO forms of birth control.
- DO NOT ALLOW ANYONE TO INSERT A NASOGASTRIC TUBE INTO YOUR STOMACH **FOR ANY REASON** WITHOUT THEM FIRST CONSULTING YOUR BARIATRIC SURGEON.
- Do not donate blood. Wait at least two years before donating because this could cause anemia.

SHOPPING LIST:

Buy these before your surgery:

- Protein supplements
- Vitamin/Mineral Supplements
- Miralax
- Gas-X, Bean-O, or Simethicone (Liquid)
- Liquid Tylenol
- Oral Thermometer

WHEN SHOULD I CALL THE DOCTOR? Call 503-434-6060, during regular office hours (08:00 – 4:00) Monday – Thursday; (08:00 – 12:00) Fridays. During closed hours, weekdays, and on the weekends, **call McMinnville Surgical Associates** at 503-434-6060 and have the on-call general (Bariatric) surgeon paged.

You should call if:

- Your **temperature is 101.5 or higher**- check your temperature twice daily for the first week and record on food records
- You have **redness or drainage** at an incision
- **Vomiting or excessive diarrhea** or **abdominal pain not relieved with pain medicine**
- There is new onset of **leg swelling or shortness of breath**
- Your resting heart rate (pulse) is higher than **120**
- Difficulty urinating or pain, bleeding, burning, hesitancy or frequency when urinating

If you are not sure or have any concerns, call 503-434-6060, during regular office hours (8:00 – 4:00). Monday – Thursday; (08:00 – 12:00) Fridays. During closed hours weekdays and on the weekends, **call McMinnville Surgical Associates** at 503-434-6060 and have the on-call general (Bariatric) surgeon paged.

POST OPERATIVE DIET INSTRUCTIONS

During Hospital Stay-

- Clear liquid diet
 - Water, broth, sugar-free Jell-O, sugar-free popsicles, decaffeinated coffee or tea, and non-carbonated sugar-free beverages (Crystal light, Propel)

Once Discharged from Hospital

- Protein shakes + Clear Liquids
 - Your goal is minimum of 64 oz liquid and 60 grams of protein daily
 - Eat at set meal times (i.e. 8 am, 10 am, 12 noon, 2 pm, 5 pm, 8 pm)
 - Last meal should be 2 hours prior to sleep
 - Drink SLOWLY (30 minutes to drink 6-8 oz)
 - When you feel satisfied (before you are full), STOP – “Full” might feel like pressure in your upper chest or throat.
 - No carbonated drinks
 - Do NOT use a straw when drinking (will increase the amount of gas you swallow)
 - No caffeinated beverages
 - Record in food journal daily