Post. Bariatric surgery Discharge Instructions

Activity

● IF IT HURTS – DON’T DO IT! Avoid activities that cause pain, are too strenuous, and could cause harm. Avoid straining (pushing, pulling) and lifting objects greater than 8 pounds, such as luggage, children or pets. This restriction is for 8 weeks. Do not resume vigorous physical effort until you have been cleared to do so by your Surgeon.

● NO driving for at least 24 hours after your last dose of narcotic pain medication. In addition, avoid operating machinery, or making any major decisions while you are taking pain medications. These medications contain narcotics that can cloud your mind and interfere with judgment.

WALKING

● You must continue walking every 3 to 4 hours, just as you did in the hospital. A morning walk in the sunshine will really help to make you feel better. When you walk, choose a place where it is fun for you. When the weather is too warm, an air conditioned mall is a great place to walk. Just remember that you will have reduced endurance, so gradually increase your efforts with each walk.

Wound Care and Hygiene

● You will notice a clear covering over the incision site(s). This is surgical glue. Please do not disturb its integrity.

● Look at your incisions in the mirror every day. You may have a few drops of bloody or clear yellow fluid from the incisions. Call us if there are more than a few drops, or if the drainage is foul-smelling, thick, or white. Call us if there is redness in the skin extending more than half an inch from the incision. Or if you notice the incision has separated.

● You may take shower (but not tub bath) 2 days after surgery. When you shower allow the water to run over your incisions. When washing the area, use a clean paper towel and discard after its use. If you have more than one site, use a separate paper towel to clean each area. Avoid using sponges or reusable wash cloths. It is NOT OK to take a bath or go into a pool until cleared by your surgeon. Do not scrub your incisions for at least 3 weeks.

Medications

● You will be discharged with a prescription for pain medication. Please remember surgical pain generally decreases daily. As your activity increases, you may find that you need medication for soreness at the incision sites. In addition to your prescription pain medication you may also take plain liquid Tylenol; however most prescriptions (Lortab, Tylenol with Codeine) also contain Tylenol. Do not exceed 1000 mg of Tylenol every 6 hours or 4 grams per day. DO NOT use any aspirin, ibuprofen based products (Motrin, Advil, Excedrin IB, Nuprin, etc.) or other anti-inflammatory medications (Aleve, Naprosyn, Naproxen, Celebrex, Etc.)

● You will also be discharged with instructions about resuming your regular medications and initiating new medications. In general, you should resume all medications you were taking prior to surgery. Remember to crush the medications that can be crushed. Refer to the handout given to you at your pre-op visit or the directions from your Pharmacist.

● Gas pains are common after surgery. You can take Gas-X or any anti-gas medication containing simethicone.

● Start or resume chewable or liquid multivitamins and chewable calcium tablet (e.g. TUMS 500 or Viactiv) twice a day.
Diet

- Follow the directions that you have received from the Dietitian
  Pre-Surgical Diet a minimum of 14 days Prior to Surgery (Diet hand-out provided during pre-op visits.)
  **Post-operative Diet:** "NO MORE THAN 4 OUNCES TOTAL AT EACH MEAL – Measure Portions"
  - Post-op day 1-2 - Clear Liquids (While in the hospital --- Measure portions!)
  - Post-op days 3-9 - Post Surgical -- Diet -- Days 3 through 9
  - Post-op days 10–21 - Pureed --- Diet --- Days 10 through 21
  - Post-op days 22 – 36 - Soft ---- Diet ---- Days 22 through 36
  - Maintenance Diet after day 36

Sexual Activity

- It is alright to resume sexual activity 4 (four) weeks after surgery.
- **IMPORTANT:** Female patients MUST AVOID PREGNANCY FOR 18 MONTHS AFTER SURGERY
  or until your weight has COMPLETELY STABILIZED.
  *Becoming pregnant before this may result in injury to your unborn child!*

When to Call the Surgeon or Bariatric Nurse Coordinator

- Shortness of Breath or Palpitations (unpleasant sensations of irregular heartbeats)
- Fever over 100.4 or persistent for several days.
- Large amounts of drainage from any wound. Wound redness, unusual pain or odor.
- Calf, leg pain or tenderness
- Vomiting, difficulty swallowing.

**Shortness of breath or chest pain: Call 911 and go by ambulance to the closest Emergency Department!** (If you proceed to ER, please be sure to have the ER call our service or surgeon upon your arrival.)

Contact Info
Surgeon’s office @ 781-729-2020

After hours contact the same number to get in touch with Dr. Takla or the covering surgeon.

Congratulations…..

You have made a wonderful decision to help yourself achieve a healthy body. This was a courageous decision and you can (and should) be proud of yourself. You have successfully completed the first step, and have begun the start of a new life. Learn to enjoy each day of freedom from being controlled by food.
You have the tool to be in control. Have a wonderful time as your grow into your new and smaller body.

Your Bariatric Team