

Weight Loss Surgery Patient Discharge Information

Follow-up appointments:

- Call Dr. Sandor's office (781-418-1900) once you get home to arrange a follow-up appointment for about 7 days after your surgery to have your incisions checked.
- You should already have a nutrition appointment scheduled for 2-3 weeks from the date of your surgery. If you do not have one scheduled, call 781 391-2121 for MelroseWakefield Healthcare as soon as possible to arrange.
- An appointment with your primary care physician about 4-6 weeks after surgery is advised, particularly, if you are on diabetic medication or blood pressure medication.

When to call the doctors office:

- Call if you have any fever/temperature > 101 degrees; any drainage from your incisions which is purulent (pus like/tan/thick); or warmth and redness surrounding the incisions.
- Call if you are having continuous nausea and vomiting and are unable to keep fluids down.
- Call if you have increasing abdominal pain or pain not responding to pain medication, chest pain, shoulder pain or shortness of breath.
- Call for any questions or concerns that you may have.

What you can do:

- Move around as much as you want. Walking is good. Stairs are okay.
- You may shower. Get plenty of rest.
- Continue with Stage 3 Bariatric Diet and other fluids as per the handout (until you see nutrition – for about 2-3 weeks). **The recommended daily protein volume is 70 g or more – check the packaging of the protein powder you purchased to verify the protein content per scoop or bottle**
- **Add your vitamin supplements – see next page**
- **Take acid reducing agent (omeprazole 20 mg) 1 tablet daily in the morning (for 3 months)**
- Take Tylenol Extra Strength 2 tablets every 6 hours scheduled for 3-4 days, avoid narcotic pain medications
- You may also get a prescription for an anti-nausea and you may use it as needed (Zofran ODT)
- **Constipation** may be a problem. If you have not had a bowel movement a couple of days after discharge from the hospital, you may use Miralax. If no response you may try a Dulcolax suppository, milk of magnesia or a fleet enema. If constipation is an ongoing issue, you may require fiber supplementation (Metamucil) or a stool softener such as Colace, which is available over the counter

What you cannot do:

No driving while taking narcotic pain medication. Once you are off of pain medication, your reaction times are good and you are able to move and change your position readily, you may resume driving. No jumping, running or heavy lifting: nothing > 10 pounds for 4 weeks after surgery.

What to expect:

Some **drainage** can be expected from any of the wounds, but especially from the spot where the drain was removed, sometimes as much as a cupful. The drainage should look pinkish – or about the color that was collecting into the drain prior to its removal. Keep a dry dressing over these areas until the drainage has stopped, usually 48-72 hours after discharge.

You may have some days when you are not able to take in all of the liquid requirements of the diet. **Do not force the liquids** or try to play catch up.

Recommended Vitamin Supplements after Bariatric Surgery:



1. ONE Per Day Bariatric Multivitamin Capsule with 45mg IRON (1 Month Supply) is the most affordable and easy way to get your daily bariatric vitamins in an easy to swallow capsule

ALTERNATIVE, IF YOU DON'T LIKE THE ONE-PER-DAY CAPSULE:



Bariatric Fusion® is a complete chewable vitamin and mineral supplement and comes in various flavors.

- Take 1 tablet 2 times a day following sleeve gastrectomy

- Take 1 tablet 4 times a day or 2 tablets twice a day following gastric bypass

+

2. Vitamin B12 sublingual – 1 tablet every 3 days



3. For women the Hair, Skin, & Nails Rejuvenator is strongly recommended for 6 months.

Available from www.bariatricfusion.com

DO NOT STOP TAKING VITAMINS WITHOUT DISCUSSING IT WITH YOUR SURGEON OR PCP. FOLLOWING WEIGHT LOSS SURGERY, LIFELONG VITAMIN REPLACEMENT IS NECESSARY TO AVOID SERIOUS HEALTH PROBLEMS!