
BARIATRIC POSTOPERATIVE INSTRUCTIONS

MEDICATIONS:

- Take an **antacid medication** (capsule form of Lansoprazole, Omeprazole, Nexium, etc.) daily for 3 months after surgery. Open the capsule and take the medication with a teaspoon of unsweetened apple sauce or yogurt.
- Incisional pain begins to decrease about the 2nd - 4th day following surgery. Take the liquid pain medication prescribed for you as needed. You may discontinue prescription pain medications and use Liquid Children's Tylenol if needed per package instructions.
- Do **NOT** use NSAIDS such as Ibuprofen, Advil, Motrin as these can irritate the stomach and cause gastritis
- Remember to crush all pain medications or take them in liquid form. Please consult with your primary doctor or pharmacist to determine if your medications can be crushed.

DIET:

- Continue the **Phase 2 Bariatric Diet** you were on prior to surgery until your postoperative visit (protein shakes for your meals and as much sugar free clear liquids you can consume through the day).
- Give yourself 30 to 40 minutes per meal to consume your protein shake. Do **NOT** worry about the quantity you are able to consume this will change as swelling in your stomach reduces. Do **NOT** drink your protein shake throughout the day, it is your meal.
- Your ultimate goal is to consume 64 ounces of fluid daily. This may take several weeks. But you should be persistent with drinking and staying hydrated.

ACTIVITY:

- You should stay active and **walk at least once every hour**. This will help prevent blood clots, help with gas pains, and help you to take deep breaths. Activities such as walking and climbing stairs are allowed and encouraged. You can climb stairs.
- Avoid strenuous physical activity such as biking, running, weight lifting, golfing, etc., for two weeks.
- Avoid heavy lifting (anything greater than 20 pounds) for two weeks.
- Do **NOT** drive or operate any heavy equipment if you are taking prescription pain medications.

DRESSINGS:

- Your incisions are covered with a surgical glue. This will peel away on its own in the next two weeks.
- You may shower 24 hours after your procedure. Avoid submerging your incisions under water for prolonged periods (swimming, Jacuzzi, baths, etc.) for 2 weeks.
- If there is some weeping at the incision site place a new clean dressing or band-aid.

CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:

- Worsening pain.
- Swelling of your incisions or extremities.
- Drainage of blood or pus from your incision.
- Shortness of breath or chest pain.
- Redness greater than the size of a silver dollar.
- Fever greater than 101 F.

Make an appointment with your primary care doctor for a postoperative evaluation of your medications. After surgery many patients require adjustments to the dosage of certain medications. If you have diabetes monitor and record your blood sugars daily. If you have high blood pressure monitor and record your blood pressure daily. Take these measurements to your primary doctor's postoperative office visit.