



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 for staple removal.
- You should already have a nutrition appointment scheduled for 3 weeks from the date of your surgery. If you do not have one scheduled, call (781) 756-2615 (for Winchester Hospital) or (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.
- 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 – about 2-3 weeks). ***The recommended daily protein volume is 70 g – check the packaging of the protein powder you purchased to verify the protein content per scoop***
- **Add your vitamin supplements – see next page**
- **Take acid reducing agent (Pepcid or a proton pump inhibitor) 1 tablet daily as directed**
- Use pain medication as needed, avoid narcotic pain medications
- You may also get a prescription for an anti-nausea suppository and you may use it as needed

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 > 20 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. Also expect some minor drainage from the largest incision. 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.

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.

Recommended Vitamin Supplements after Bariatric Surgery:



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

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Vitamin B12 sublingual – 1 tablet daily



Available at the Lawrence Memorial Hospital Gift Shop or from www.bariatricfusion.com

ALTERNATIVE REGIMEN:

1. Select any of the multivitamins below and take one tablet three times a day



Centrum Silver Women



*CVS Spectravite
Ultra Women*



One-A-Day Womens



Flintstones with Iron

2. Take Calcium + D supplements 3 times a day from any of the products below:



Caltrate 600+D



Calcium Citrate+D



Viactive Calcium+D

3. Take 1 sublingual Vitamin B12 tablet daily