

## **Bariatric Surgery Discharge Instructions**

### **General Instruction:**

- Please call the office at (240) 206-8506 if there are any questions or concerns.

### **Diet:**

- Bariatric full liquid diet with protein shakes as meal replacements.
- Goal of 60-70 grams of protein per day. You may need 3-5 meal servings to reach the goal.
- Drink low calorie fluids throughout the day for a total of 64 ounces of fluid daily.
- Remain on a bariatric full liquid diet until your first post-op visit in 2 weeks.

### **Activity:**

- Walk at least 3-4 times daily. You may also walk outdoors in a safe environment.
- You may climb stairs as tolerated.
- Avoid lifting weights over 10 pounds or other strenuous activity until cleared by your surgeon.
- Continue using your incentive spirometer – 10 times per hour while awake.

### **Wound Care:**

- Wash hands before and after caring for wounds.
- Remove wound dressings 2 days after surgery.
- Leave Steri-Strips in place, they will fall off on their own. If used, skin glue will fall off as well.
- If a drain is in place then empty and record drain output daily. Change drain dressing as needed to keep it clean and dry.
- You may shower if you do not have a drain. Otherwise, sponge bath if you have a drain.
- Monitor wounds for signs of infection such as redness, drainage of pus, brown or green fluid, or foul odor. Call the office if any concerns.

### **Medications:**

- Medications should be in liquid form or crushed for the first 6-8 weeks after surgery. Capsules may be opened.

- You may mix crushed medications in applesauce or low-fat yogurt.
- Required post-op medications are prescribed before surgery.
- Common post-op medications will include:
  - Pain medication – Take as directed, eg., Tylenol with codeine, oxycodone or morphine.
  - Acid suppression medication – Taken for at least 3 months after surgery, eg., Protonix, Prilosec, etc.
  - Anticoagulant (blood thinners) – May be prescribed to lower risk of blood clots, eg., Lovenox. Duration depends on patient risk.
  - Vitamins – Take multivitamins (eg., Centrum chewable) 1 tablet daily. Other vitamins will be started after first post-op visit.
- Ensure that your home medications were reviewed prior to discharge. It is common to hold diabetes, high blood pressure, and diuretic medications after surgery.

#### **Follow-up:**

- You should already have your first post-op visit scheduled for 2 weeks after surgery. If you do not already have an appointment or if you have forgotten your appointment then please call the office at (240) 206-8506.

#### **Special Instructions:**

- Please call the office if there are any questions or concerns.
- Please call the office if you have any of the following warning symptoms or signs:
  - Severe abdominal pain, fever, vomiting, or vomiting blood
  - Chest pains, shortness of breath or sensation of heart racing
  - Thirsty, tired, fatigued, dizziness, or generally not feeling well
  - Calf pain or leg swelling
  - Bleeding, abnormal drainage from wounds or drains, or wounds opening up.
- If symptoms are severe then proceed to the nearest emergency room or call 911.

#### **Support Groups:**

- You are encouraged to participate in support groups. Support groups are held at the hospital. Online support groups are also available. Visit the website at [www.tbhinstitute.com](http://www.tbhinstitute.com) for more information.