

## **Springfield Weight Management Discharge Checklist**

### **Bariatric Surgery**

#### **What to Expect:**

- ✓ You should expect some general soreness after surgery. This soreness should get better day by day.
- ✓ You will experience some degree of Nausea. Continue to sip fluids, walk, and take medication to help manage.
- ✓ You should expect some fatigue or tiredness in the days and weeks after surgery. This fatigue improves after the first 4-6 weeks.
- ✓ You may have an initial increase in weight related to IV fluids given during your hospital stay.

#### **Activity:**

- ✓ Do not drive until you have stopped taking your narcotic pain medication.
- ✓ You are encouraged to walk frequently. Your goal is to get up every half hour and walk around. Avoid sitting for long periods of time to help prevent blood clots.
- ✓ You may climb stairs.
- ✓ You may not lift more than 20 lbs (includes push/pull motions) for the first month after your surgery, including lifting children.
- ✓ Discuss return to strenuous exercise with your surgeon.

#### **Hydration:**

- ✓ It is important to consume fluids throughout the day even if you do not feel thirsty.
- ✓ Continue to sip fluids slowly and frequently. You should aim to gradually work up to 64 ounces of fluid (8 cups) in one day.
- ✓ If you are unable to tolerate at least 32 ounces of fluid in one day call the office.
- ✓ If your urine is dark in color, or you are vomiting, call the office.
- ✓ No caffeinated beverages for the first 6-8 weeks following surgery.

#### **Diet:**

- ✓ You are being discharged on a Bariatric Full Liquid (phase 2) Diet.
  - You may have broth, decaf tea, sugar free jello, sugar free popsicles, protein shakes or smoothies (see recipe book), strained or blended cream soups, and non-fat yogurt

- ✓ Do not advance to Puree (phase 3) until you are told to do so by your surgeon – usually 2 weeks after surgery.
- ✓ Eat and drink slowly. Take small bites and sips. Eating too quickly or too much can cause nausea/vomiting.
- ✓ Stop eating or drinking if you feel full or nauseated. Overfilling of the stomach can cause nausea/vomiting.
- ✓ As your diet advances, if you experience nausea or vomiting, return to last tolerated diet phase, and advance slowly as tolerated.

### **Medications and Pain Management:**

- ✓ You will be discharged with medication for pain. Take it only as often as prescribed. If you are experiencing severe or increased pain, call the office.
- ✓ You may take Tylenol for pain instead of narcotic pain medication. DO NOT take NSAIDS for pain relief – these include Motrin, Ibuprofen, Advil, Aspirin, Excedrin, Aleve – see complete list in Patient Handbook.
- ✓ You will be discharged with medication for nausea. Please take it as prescribed and as you need to help you stay hydrated and tolerate adequate protein foods.
- ✓ You will be discharged with medication for constipation. Take it as prescribed to help resume normal bowel movements. Stop taking if you are having frequent or loose bowel movements.
- ✓ You should have been given discharge instructions about resuming your regular medications and/or new or changes in medications. If you have questions, please ask prior to leaving the hospital.
- ✓ You will start taking your bariatric vitamins and calcium starting 2 weeks following your surgery. You must take chewable vitamins for the first month. Call the office with questions or you can stop by to purchase.

### **Wound Care and Incisions:**

- ✓ You will notice a clear-purple covering over your incisions. This surgical glue will fall off in several weeks. Please do not peel it off.
- ✓ Look at your incisions daily. If they are draining more than a few drops of clear fluid or blood, or if the drainage is foul smelling, thick or white, call the office.
- ✓ If your incisions look swollen and are warm to the touch, call the office.

- ✓ You may shower 48 hours after surgery. No tub baths, hot tubs or swimming pools until you are released by your surgeon.
- ✓ Do not scrub your incision sites vigorously until well healed.

**Side Effects and Complications – When to Call the Office:**

- ✓ Headache, dizziness or lightheadedness – make sure you are drinking adequate fluids. Call the office if severe.
- ✓ Fatigue, weakness – make sure you are getting enough fluid and protein. Keep a food record and count calories, grams of protein and ounces of fluid. If you are not meeting your goals instructed by the dietitian – call the office. Make sure you are getting adequate rest.
- ✓ Gas and bloating – walk, walk, walk. You can try Gas-X. If severe abdominal pain call the office.
- ✓ Nausea, vomiting – only consume what is allowed on your diet. Eat and drink slowly. Take your medication for nausea as prescribed. If not able to keep fluid/foods down at all – call the office.
- ✓ Low Blood sugar – check your sugar to make sure it is low. Drink 4 oz juice or take 3 glucose tabs – then wait 15 minutes before retesting. Repeat as needed until sugar is back to normal. Follow with protein shake or yogurt in the next 15 minutes to prevent it from dropping again.
- ✓ If you experience fever, shortness of breath, palpitations, increased pain at incisions, or foul drainage, new or unusual pain or tenderness in abdomen or difficulty swallowing please call the office or surgeon on call immediately.