



Bariatric Surgery
Discharge Instructions

Now that you are ready to go home here is some information to help you manage your care.

What medicines must I take and how do I take them?

So that the medicines can be absorbed and used by your body, you must:

- Crush all non-chewable tablets and open all capsules. Mix powder with food. Our team will review with you which of your medications can be crushed.
- Chew any chewable tablets completely then wash them down with liquid.
- You may take liquid forms of your medicines, when available. Shake the bottle well before you pour the medicine dose.

Medicine/Supplement	Dose	Comments
Antacid	As prescribed.	<p>Open the capsule OR crush the pill into liquid or pureed food, even if the directions tell you not to do this.</p> <p>Examples of antacids are: Prilosec® (omeprazole), Prevacid® (lansoprazole), Dexilant® (dexlansoprazole), Nexium® (esomeprazole), Protonix® (pantoprazole), AcipHex® (rabeprazole).</p> <p>Over-the-counter brands of these antacids, if available, are also acceptable.</p>
Narcotic pain medication	As prescribed	<p>Please take as instructed for severe pain. Do not drive or operate heavy machinery while taking pain medications.</p> <p>Once your discomfort lessens, stop the prescription pain medication. Instead, take over-the-counter acetaminophen (e.g. Extra-Strength Tylenol®) every six hours as needed. Take 2 tablespoons of liquid (equal to 1000mg) or two tablets (crushed).</p>
Multivitamin with minerals	Take 1 adult or 2 children’s chewable(s) every day.	<p>You can choose another form/type. Check your diet booklet.</p> <p>Do NOT buy gummy vitamins!</p>

Medicine/Supplement	Dose	Comments
Actigall® (ursodiol)	Take one 300mg tablet twice a day for six months.	<i>If you still have your gallbladder and <u>do not</u> have gallstones</i> , we will start you on Ursodiol®. You will start taking this before the surgery whenever you start the liquid diet. You should continue this for 6 months after the surgery.
Eliquis <u>OR</u> Lovenox	Take one 2.5 mg pill twice a day for one month after surgery. Your surgeon will determine the amount which is based on your weight. Take for one month after surgery.	Your surgeon will decide if you are to take either of these medications.

Medicines to avoid!

Gastric Bypass Patients:

Do not take aspirin or aspirin-containing products for one month unless your surgeon tells you differently. After one month, if you need to take a daily aspirin, you will also need to take a daily antacid to protect your stomach.

Do not take non-steroidal anti-inflammatories such as ibuprofen (Advil®, Motrin®, etc.) and naproxen (Naprosyn®, Aleve®, etc.). They may cause ulcers in your pouch. Check with us if you are not sure which medicines you can take.

If you need to take any of these medicines, even once, call the Weight Loss Surgery Center. You may need a medication to protect your stomach, or a different prescription.

Sleeve Gastrectomy and Duodenal Switch Patients:

Do not take aspirin or aspirin-containing products for one week after surgery unless your surgeon tells you differently.

Do not take non-steroidal anti-inflammatories such as ibuprofen (Advil®, Motrin®, etc.) and naproxen (Naprosyn®, Aleve®, etc.) for one month after surgery.

Gastric Band

Do not take aspirin or aspirin-containing products for one week after surgery unless your surgeon tells you differently.

Do not take non-steroidal anti-inflammatories such as ibuprofen (Advil®, Motrin®, etc.) and naproxen (Naprosyn®, Aleve®, etc.) for one month after surgery.

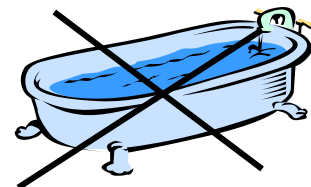
How do I care for my incisions?

If you have glue on your incisions, leave it in place. As the ends start to curl, you can peel the glue off. If the glue is still in place 2 weeks after your surgery, gently peel it off your incisions. You can do this in the shower.

The incisions (cuts) may itch during healing; this is normal. **Do not scratch the area.**

Can I shower or bathe?

It is OK to shower with soap. Pat the incisions dry after showering. **Do not take a bath or soak in water for one month.**



What kind of activity is allowed?

Do not drive until your pain is resolved and/or does not require medication. Pain can make it hard to move quickly. Stop any strenuous activity if it is uncomfortable during the first month. Walk as much as is comfortable for you. Your goal after surgery is to walk 30 minutes per day, 7 days per week with elevated heart rate. You can also use a stationary bike or an elliptical machine. Be careful to avoid activities/exercises that cause significant sweating until you are comfortably drinking enough liquids and can drink to replace fluids lost in sweat. Avoid heavy lifting for 4-6 weeks.

What do I do if I vomit?

If you vomit, you have probably eaten or drunk too quickly and/or too much or your pureed food may be too solid.

- Wait four hours and then try one ounce of a non-sugared liquid.
- If this liquid does not make you nauseous or vomit, then continue with liquids until the next day. Then you can try pureed foods again or just continue on liquids if you are not at the pureed food stage yet.
- If vomiting persists, call the Weight Loss Surgery Center.

How do I manage constipation?

If you do not have a bowel movement within 5 days of surgery, try Milk of Magnesia® (2 Tablespoons, twice a day). If this does not work after one day, try a Dulcolax® suppository or Fleets® enema. You can also try taking MiraLax® daily for up to 7 days. If none of these measures help, call the Weight Loss Surgery Center.

Can I become pregnant?

You MUST avoid getting pregnant until your weight is stable and you do not have any vitamin and mineral deficiencies. There may be a higher risk of birth defects while you are losing weight.

Rapid weight loss increases fertility. Birth control must be used correctly and all the time to avoid pregnancy, even if you were not able to get pregnant in the past.

Smoking

Please continue to refrain from smoking of any kind, as smoking will impair healing from surgery. Smoking may also cause irritation to your stomach lining, leading to stomach ulcers and perforation of ulcers and increase your chances of getting a blood clot.

Diet notes

You are being discharged on a bariatric FULL liquid diet. Please refer to the nutritional packets you were given before your surgery for more information, OR call the office if you have any questions.

<<Information in this section should be from the separate handout that the dietitians had made.>>

When do I follow-up after surgery?

You will meet with your Surgeon/Nurse Practitioner and Dietitian 1-2 weeks and 5-6 weeks after surgery. You will then follow-up with your Surgeon/Nurse Practitioner and/or Dietitian at 3, 6 and 12 months after surgery and then every year until 5 years after surgery when we will transfer your care to your primary care doctor.

You should have received dates and times for your **first two follow-up visits** with your pre-operative instructions. If not, please call the Center to schedule them.

Please also follow up with your primary care provider in 1-2 weeks

When should I call the Weight Loss Surgery Center?

Call us if you have:

- Increasing redness, swelling, heat or pain at an incision
- Drainage from an incision
- Fever greater than 101°F
- Abdominal pain
- Frequent vomiting
- Nausea
- Shortness of breath
- Generally not feeling or doing well

For gastric band only:

When will I get my Band adjusted?

The first adjustment of your Band may be done at the 5-6 week visit in the office. We will evaluate the need for additional adjustments at each follow-up appointment.

After each Band adjustment, you must consume only liquids for the rest of the day on which you had your Band adjustment. Consume soft solid foods the day after your Band adjustment and then return to regular foods on the second day

after your Band adjustment. Call the Center if you have problems tolerating liquids or food.

When do I come back for my Upper GI test?

If you did not have an Upper GI test in the hospital, you **must** have one at our office before your 5-6-week follow-up visit. You should have received this appointment with your pre-operative instructions for the same day, if possible, as your 2-3 week follow-up appointment. **Without the test results, we will not be able to make your first Band adjustment.** If you do not have this appointment, please call the Center to schedule one.

EMERGENCY TELEPHONE NUMBERS

Call **(212) 305-9506** with any problems.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your health care providers. For answers to your health related questions, talk to your health care providers for guidance before making a health care decision.

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