



## Adjustable Gastric Band Surgery Discharge Instructions

**Now that you are ready to go home here is some information to help you take care of yourself.**

### **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.
- 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
<b>Hydrocodone/ Acetaminophen Elixir</b>	Take 1 - 2 teaspoons of the 7.5mg/325mg (in 15ml) elixir every 4 to 6 hours as needed for moderate pain.	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).
<b>Multivitamin with minerals</b>	Take 1 adult or 2 children's chewable(s) every day.	You can choose another form/type. Check your diet booklet.  <b><i>Do NOT buy gummy vitamins!</i></b>
<b>Eliquis</b>  <b><u>OR</u></b>  <b>Lovenox</b>	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.	<b>Your surgeon will decide if you are to take either of these medications.</b>

## Medicines to avoid!

Do not take aspirin or aspirin-containing products for one week after surgery.

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

## How do I care for my incisions?

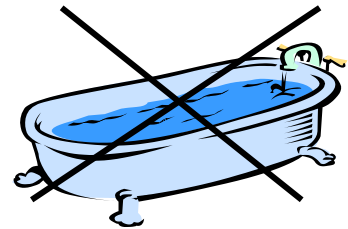
Remove the bandage 3 days after surgery if it is still on.

If you have Steri-strips<sup>®</sup> [strips of tape over the incisions (cuts)] leave them in place; they will curl and fall off. If they are still in place 2 weeks after your surgery, gently peel them off. You can do this in the shower.

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.

## 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 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. Avoid heavy weights until you discuss this with your surgeon.

## How do I manage constipation?

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

## 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.

## Diet Notes

### **Starting the day of discharge and for the next week:**

**Full liquids.** Consume **one to two ounces** every **twenty minutes** while you are awake.

Drink **two** high protein shakes (25g of protein each) per day, **one to two ounces** at a time.

### **2<sup>nd</sup> and 3<sup>rd</sup> week after discharge:**

**Pureed food with an emphasis on those high in protein.**

Eat 1-2 ounces of pureed food, up to 4 ounces of fat free or light smooth yogurt or up to on-half cup of a pureed soup every 2-3 hours while you are awake.

Drink **one** high protein shake (25g of protein) per day, no more than 4 ounces at one time.

### **More about foods:**

Consume a minimum of **60g** of protein per day.

**Eat slowly! Stop eating when you are comfortably satisfied.**

Do not spend more than **20 minutes** eating at one meal.

### **More about liquids:**

Try to drink at least **40 ounces** of liquids daily.

**Wait at least 30 minutes after eating before you start drinking again.**

Drink slowly. Do not use a straw.

Do not drink **carbonated beverages, juice, coconut water or smoothies** after surgery.

Do not drink **alcoholic beverages** for one month after surgery.

### ay 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.

### When do I follow-up after surgery?

You will meet with your Surgeon/ Nurse Practitioner and Dietitian 2 to 3 weeks and 5-6 weeks after surgery. We recommend that you see your Surgeon/Nurse Practitioner every 3-4 weeks until the Band is adjusted appropriately for you. Then, appointments will be scheduled on an as needed basis with the appropriate practitioner.

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.

### 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.

### 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<sup>o</sup>F
- Abdominal pain
- Frequent vomiting
- Nausea
- Shortness of breath
- Generally not feeling or doing well



## **EMERGENCY TELEPHONE NUMBERS**

Call **(212) 305-4000** with any problems.

After 5PM, call your surgeon:

Dr. Marc Bessler on (212) 305-9506,

Dr. Abraham Krikhely (212) 305-9506

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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