

BARIATRIC SURGERY

Bariatric surgery (weight loss surgery)

is an operation that helps you lose weight by making changes to your digestive system which help control hunger with a much smaller amount of food.

Discharge Instructions:

- Start walking as soon as possible after the surgery - this helps to reduce swelling, lower the chance of developing blood clots and/or pneumonia, and avoid constipation.
- Perform deep breathing exercise in order to reduce the chance to develop pneumonia and brings up phlegm which can help you breathe easier.
- Keep well hydrated (You will be on a liquid diet as prescribed by the after operation diet plan)
- Make sure you have at least 1.5 liters of liquid a day. Your stomach will be much small after operation so you should sip on water all day long.
- You need to sip on fluids all day.
- You will receive dietary instructions following surgery and It is very important to follow them to have successful weight loss
- It is also very important to follow up with your dietitian to supervise your diet after surgery.
- Avoid high calorie liquid such as soda or fruit juice even fresh juice which might prevent you from losing weight.
- Avoid citrus juice as it can increase the acidity of the stomach
- Eventually you should be able to eat ordinary foods but in small portions and with healthier choices.
- The goal is to eat three to four small meals each day.
- The meals will be largely protein based with some fruits and vegetables
- During the rapid weight loss phase, you are also advised to drink protein shakes. (as directed by the dietitian)
- Don't eat and drink at the same time. Wait at least 30 minutes after a meal to have a drink.
- Chew the food well and eat slowly.
- In order to avoid nausea and vomiting or stretching of the stomach which can lead to weight gain, you advised to stop eating once you feel full and don't over eat.
- In order to avoid ulcer development, you should stop smoking after the surgery
- Don't lift anything heavier than 10 kgs during the first 4 weeks.
- You should be able to go back to the gym after 4 to 6 weeks after the surgery.
- Regular exercise is strongly encouraged because it will improve your weight loss outcome and help to minimize the loose skin
- Measure your weight daily with the same weight scale.
- Before your discharge home the doctor will explain the proper use of your medications (pain killers, vitamins, antacid or blood thinner medication).

We advise you to go to emergency room or surgery clinic in case:t

- Persistent nausea and vomiting
- High body temperature 38.5
- Increase pain severity cannot controlled by pain killers
- Chest pain
- Cannot drink any fluid
- Dizziness
- Bleeding from surgery site
- Signs and symptoms of infection in surgical site (Redness, High blood temperature, bad odor or pus)

Follow up

- On discharge we will give you appointment within 2 weeks in surgery clinic.
- We advise you to continuous the regular follow up with the surgery (from one to two weeks, one month, 3 months, 6 months and one year from surgery day).
- During regular follow up we will continue advising you about healthy diet plan.
- If needed, we will ask you to do some blood tests.