

## Bariatric Surgery Discharge Instructions

### Medications

- Take your prescription pain medication as directed by your surgeon as needed for comfort.
- Resume taking your previous medications unless otherwise directed.
- **Crush all pills.** Do not ingest any solid pills! If you have a time release capsule, have your doctor change it to a crushable pill. NOTE: Work with your primary care physician and local pharmacist to see if your capsule medication can be opened and/or sprinkled and mixed with your food and liquids and make sure pills can be crushed and added to liquids and pureed foods.

### Incision Care

- Keep surgical incision clean and dry.
- You may shower in 48 hours. Leave steri-strips or Dermabond® on. Do not remove.
- If you have staples you may shower with them in place by covering the incision with plastic wrap. Your staples will be removed by your surgeon at your first postoperative visit. Once the staples are removed and the steri-strips are placed, you may shower without covering the incision with plastic wrap. Leave the steri-strips across the incision for approximately 7-10 days after placement, then remove them.
- If your healed incision area(s) are dry and itchy you may use moisturizers like: mederma, vitamin E and/or A oil or Vaseline, cocoa butter, aloe, etc. applied directly on the scar.
- Any time the incision(s) has been washed or has gotten wet, be sure to pat it dry, do not rub the incision area. You can also use your hair dryer on medium for a few minutes to help ensure the area is thoroughly dry.

### Activity

- Walking is encouraged as it will help with the healing process. Increase your distance and time as you are able. Walking will burn calories, improve circulation, increase a feeling of well being, and prevent pulmonary problems.
- No heavy **lifting!** Do not lift more than 10 pounds for eight weeks or until your surgeon releases you do so.
- You may participate in sexual activity at 4 weeks using good judgment.
- Do not drive for four (4) weeks, as long as you are **not** taking any narcotic pain medication, unless otherwise directed by your physician.
- Binders may be worn for comfort when walking.
- You may resume light housework after 4 weeks and normal housework duties after 6 weeks.
- You may return to work as soon as you think you are ready. This depends on the type of work that you do and or the type of surgery you had. If your employer requires a return to work slip, we are happy to provide this for you.

### Diet and Vitamins

- Please follow your individual post op diet per Andi Ross's (the nutritionist), instructions.
- We recommend you take high quality chewable vitamins or the Bariatric Advantage Generic Chewable Vitamins twice a day. Bypass patients need additional vitamins to contain: Calcium, Fe, B12 indefinitely, and CoQ-10 for 3 months.
- Questions regarding diet and vitamin requirements should be directed to the Nutritionist, Andi Ross, at: 602.908.7728

**If you develop any of the following, please contact your surgeon at 480.419.2280 (Monday - Friday 8:30am to 5:00 pm), or use the answering service after hours and on weekends.**

- Difficulty breathing, shortness of breath
- Increased heart rate
- Chills, fever exceeding 101 degrees Fahrenheit
- Nausea, vomiting persisting for 24 hours
- Increase in the amount, or change in the color, of drainage from the drain
- Any separation of edges of the incision
- Discomfort not relieved by prescribed medications
- Sudden, persistent increase in pain
- Inability to pass urine