

# Bariatric Surgery Discharge Information

You have been cleared by your health care provider to safely return home. Below is some information that will help you manage your care. Please refer to pages 18-53 of your guidebook for more in-depth instruction.

## Call your health care provider if you have:

- A fever of 101 degrees or greater
- A persistent heart rate at or above 110 beats per minute
- Coughing of blood
- Diarrhea beyond the first week after surgery
- Difficulty swallowing
- Leg pain or swelling
- Pain or burning with urination
- Pain that you cannot control with medication
- Persistent hiccups
- Persistent pain, nausea, vomiting or lightheadedness
- Pus or drainage coming from your surgical incision(s)
- Redness, pain or increased swelling around your incision(s)
- Other concerns about your surgery

**Call 911 or go to your nearest ED if you have sudden difficulty breathing or pain in your chest.**

## Follow-Up Appointment

You will have an appointment with your health care provider seven to 14 days after your surgery, so that they may check your incisions and answer all your questions.

## Medications

- Only take medications that your health care provider tells you to take.
- You may crush or cut your pills or tablets if they are larger than a pencil eraser. Extended-release capsules need to be taken whole.
- If you are diabetic, check your blood sugar twice daily and take medications as prescribed. Contact your primary care provider (PCP) or endocrinologist for additional dosage instructions.
- Check your blood pressure before taking blood pressure medications. Hold your blood pressure medications if your blood pressure is below 120 and contact your PCP for additional instructions.
- Do not take nonsteroidal anti-inflammatory drugs (NSAIDs). These include ibuprofen (e.g., Advil, Motrin and Nuprin) and naproxen (e.g., Naprosyn). A low-dose aspirin may be taken as prescribed by your PCP or cardiologist.
- Do not take steroids by mouth. If any health care provider tells you that it is necessary to take this type of medication, please call the office for approval by your surgeon.

## Surgical Dressings

- Clear skin glue will peel off by itself in 10 to 15 days. **Do not pull it off.**
- Shower at least once a day with an antibacterial bar or body wash. Do not continue using Hibiclens.
- If you had a drain, it may be necessary to cover that incision with gauze for a couple of days.
- Your stitches are under the skin and will not need to be removed; they will dissolve on their own.
- Do not take a tub bath or swim in a pool until your incisions are healed.

## Activity

- Some patients have gas pain after surgery. Walking may help relieve this gas pain.
- Walk every hour while you are awake. This will help you recover faster and reduce the risk of blood clots. Try to increase your walking distance daily.
- Even though you may feel able, do not participate in any strenuous activity or lift anything greater than 10 pounds until cleared by your health care provider.
- Continue using your incentive spirometer during waking hours, 10 times every hour for the next seven days.
- If you use a CPAP/BiPAP machine for sleep apnea, please continue using it as prescribed.
- Do not drive until your pain is resolved and you have been off pain medications for at least 24 hours. These medications can slow your response time and make driving unsafe.

## Returning to Work

You should not return to work before receiving clearance from your provider. They will use their judgment, based on the progress of your recovery and the demands of your job, to decide when it is safe for you to return to work.

## Safe Eating Plan

- Follow the diet you discussed with your dietitian, surgeon and coordinator upon discharge.
- Start slowly and increase your intake as tolerated. Remember to take very small sips. It is important to take in plenty of fluids. Sips taken throughout the day will add up to help keep you hydrated.
- Do not advance to the pureed stage until advised by your dietitian and surgeon at your postoperative visit.
- It is important for you to drink 2 to 4 ounces of a protein drink four to five times a day or until you reach a daily protein goal of 60 to 80 grams (for females) or 80 to 100 grams (for males).
- Your daily fluid goal is 48 to 64 ounces. This includes your protein drink and other fluid intake, such as sugar-free JELL-O, sugar-free popsicles, broth, water, etc.
- Advancing your diet too quickly can lead to nausea, vomiting and complications.
- Begin taking your vitamins the morning after your discharge. Chew your vitamins well before swallowing.

## Post-op Survey

To help us provide the highest level of care to our patients, we encourage you to take a few minutes to answer a brief survey via email, text or mail. We value your feedback and welcome recognition of any health care clinicians who provided you with exceptional care.

### Your Surgeon's Office Contact Information

#### Davenport

#### Shiva Seetahal, MD

401 Lionel Way, Suite 204  
Davenport, FL 33837  
Phone: 863-419-8815

#### Michael Orband, BSN, RN

**Bariatric Coordinator**  
Phone: 863-419-2550

## My Post-op Appointment

Date:

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Time:

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Location:

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