

POST-OPERATIVE BARIATRIC SURGERY INSTRUCTION

(AFTER HOSPITAL DISCHARGED)

STRICT DIETARY INSTRUCTION

- A) Upon Discharge Liquid diet is advised and to monitor her/his urine output and to have proper hydration. (Drinking enough water). After 2 weeks, the diet is gradually changed to soft, solid foods. The average caloric intake ranges from (400) to (800) kcal/d for the first month, and thus the daily glycemic load is greatly reduced. Advise /encourage patients to consume a diet consisting of salads, fruits, vegetables and soft protein daily.

- B) To control the epigastric pain and vomiting, patients should eat slowly, and to stop eating as soon as they reach satiety and not to consume food and beverages at the same time.

WEIGHT MONITORING

Weight and blood pressure measured weekly until the rapid weight loss phase diminishes, usually within 4-6 mo, then again at 8, 10 and 12 mo, and annually thereafter. Those with diabetes are encouraged to check their blood glucose daily.

FOLLOW-UP APPOINTMENTS

First office visit with the surgeon will be scheduled for 10 days to three weeks after surgery. Your discharge instructions will tell you when to return to the office for follow-up.

Continue to see your surgeon periodically after the initial follow-up visit – usually six weeks, three months, six months and nine months after surgery. Thereafter, you will have an annual appointment. Please call your surgeon's office with any surgical concerns between scheduled visits.

It is also important to keep your primary care doctor informed of your progress. Be sure to contact him or her with any medical concerns as well.

ACTIVITIES TO AVOID

Strenuous activity is prohibited for three to six weeks after surgery.

Avoid lifting anything heavier than 20 to 30 pounds, or doing push or pull motions such as vacuuming, during the first six weeks after surgery.

Avoid heavy work such as lifting, carrying or pushing heavy loads for the first three months after surgery.

Avoid sitting and standing without moving for long periods. Change positions frequently while sitting, and walk around in lieu of standing still. These strategies may help prevent blood clots from forming in your legs. Climbing stairs is encouraged.

RECOMMENDED ACTIVITIES

During the first several weeks after surgery, you may feel weak and tire easily after activity. However, light activity, such as frequent short walks, is recommended. Gradually increase the distance. The more physically active you are, the better. It will enhance your recovery and ultimately give you more energy.

Travel:

You can resume traveling short distances as soon as you feel strong enough to make the trip. Do not drive a motor vehicle until you are no longer taking prescription pain medication, which is usually about one week after surgery.

Wound Care:

No matter how your wound was closed, it is important to keep it clean and dry to promote faster healing. Unless otherwise prescribed, you should shower, wash with soap, rinse and dry thoroughly. If the wound is oozing or catching on clothing, you may cover it with a very light dressing, but otherwise leaving the wound open to air whenever possible may help prevent suture infection.

Personal Hygiene:

Flushable baby wipes, a peri-bottle or small sports top water bottle are gentler for personal hygiene. A long sponge stick can also be helpful.

After about three weeks, it is usually safe for your incision to get completely wet. Ask your surgeon for the official "go ahead" before taking a bath



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