

Surgery Post-op Instructions

General Instructions

- * **May shower 48 hours after surgery.** Just wash incisions with mild soap and water, pat dry. No bandages needed. No tub baths or soaking for 2 weeks.
- * **Avoid heavy lifting for 6 weeks.** OK to lift: babies, a gallon of milk. Avoid lifting over 40 pounds (20 pounds per arm) until 6 weeks after surgery. Follow the “if it hurts, don’t do it rule.”
- * **Exercise:** Start with walking right away. Jogging, stationary bike, low-impact aerobics are fine at 2 weeks, then you can increase as tolerated. Avoid abdominal crunches and weight lifting for 6 weeks. Follow the “if it hurts, don’t do it rule.”
- * **Prescription medications:** Resume medications as directed in your discharge instructions. Most pills should go down fine, but you may not be able to take all of them at once.
- * **For pain,** acetaminophen (Tylenol), 1000mg every 8 hours for the first 3 to 5 days unless you are already taking pain medicines that contain acetaminophen. For moderate pain that isn’t relieved by the acetaminophen or your usual pain medications, you can use the prescription provided by the Bariatric Clinic in addition.
- * **Acid-reducing medicine for 60 days.** We have included omeprazole in your starter kit. Take this or an equivalent for the first 60 days after surgery, then you may stop.
- * **Preventing GERD:** (acid reflux or heartburn). Eat small meals, avoid fatty foods and spicy foods. Do not eat or drink 2 or 3 hours or more before lying down.
- * **NSAIDs** (Non-steroidal anti-inflammatory drugs). These are potentially dangerous for Gastric Bypass patients. Examples are: Aspirin and Aspirin containing medicines like Excedrin, BC Powder and Fiorinal. Aleve, Naprosyn, Naproxen, Advil and Motrin (Ibuprofen), Meloxicam (Mobic), Voltaren (Diclofenac), Indocin (Indomethacin). It is OK to take one aspirin per day if directed by a physician or to use any other NSAIDs for no more than one day with two weeks of rest.
- * **Over-the-counter medications** (such as cold and sinus medications): may be used according to the directions on the packaging.
- * **Driving:** Try to wait one week. Do not drive if you are taking any of the prescription pain medications we gave you. Avoid long trips for first six weeks; if you do take a trip longer than one hour, you need to stop and walk at least every hour.
- * **Returning to work:** The general recommendation is to wait one week for Lap-Band, two weeks for Gastric Bypass, Sleeve or Switch, but if you feel ready to return sooner, that is fine.
- * **Attend support groups and nutrition classes.** Check with office for times.
- * **No tobacco or nicotine products.** This is a lifelong rule.
- * **Call the office number with questions or concerns,** including after hours if you think it is an emergency. A doctor is always on call. Come to the Emergency Room or call 911 if you have to, but usually it is best to try calling us first.

Vitamins - start one week after surgery

* Gastric Bypass and Sleeve:

BariLife Complete Tablets - 6 tablets daily (3 in the morning & 3 in the evening OR 2 in the morning, 2 around lunch time & 2 in the evening).

OR

BariLife Multivitamin Powder - 2 scoops/daily (1 in the morning & 1 at night)

OR

BariLife "Just One" Multivitamin with Iron - 1 per day AND 3 500mg Calcium Citrate chewables.

OR

Bariatric Advantage Multivitamin. 1 per day AND 30-45 mg iron AND 3 500mg Calcium Citrate chewables.

OR

Bariatric Advantage Ultra Solo with Iron. 1 per day AND 3 500mg Calcium Citrate chewables.

* Duodenal Switch (SADI-S or BPD/DS or DS)

BariLife Complete Tablets - 8 per day (instead of 6), 3 or 4 different times (3 at breakfast, 2 at lunch, 2 dinner OR: 2 at breakfast, 2 at lunch, 2 at dinner and 2 at bedtime).

OR

BariLife Multivitamin Powder - 3 scoops per day, 3 different times (breakfast, lunch dinner)

OR

BariLife "Just One" Multivitamin with iron - 1 twice per day, AND 3 500mg Calcium Citrate chewable (or equivalent Calcium

OR

Bariatric Advantage High ADEK Multivitamin. 1 twice per day, AND 45-60 mg iron, AND 3 500mg Calcium Citrate chewable

* Lap-Band:

BariLife Complete Tablets - 3 tablets/daily (spaced throughout the day).

OR

BariLife Multivitamin Powder - 1 scoop daily.

OR

BariLife "Just One" - 1 per day, plus 3 500mg Calcium Citrate chewable.

OR

Bariatric Advantage Ultra Solo with Iron. 1 per day AND 3 500mg Calcium Citrate chewables.

Diet Instructions

First 2 Weeks After Surgery

Liquids or pureed consistency diet, no carbonation

- * If it can go through a straw, or even a little thicker, its OK (but don't actually use a straw, because this can make you drink too fast and have discomfort).
- * **Examples:** Broth, cream soups, yogurt, pudding, thin mashed potatoes, thin cream of wheat or malt-o-meal (no oatmeal for now), Sugar-free Carnation Instant Breakfast, Atkins Shakes, Jello, Coffee, tea, milk. Low fat, low sugar protein drinks, like Isopure or Bariatric Advantage.
- * You can put food in a **blender or food processor** to make puree if you want.
- * **Drink enough fluids.** Drink small amounts frequently. *Work up* to 64 ounces per day of sugar free liquids (water, tea, Crystal Lite, etc.) It might be a few weeks before you can manage 64 ounces.

After 2 Weeks

Regular food, no carbonation, no liquid calories

Do not drink with your meals

- * **Regular food means:** Eat lean meats, fruits, vegetables, eggs, dairy, limited starches, limited cheeses, limited fatty foods. Avoid fast food, junk food, chips, dressings, dips, ice cream, and so on. You should generally be eating the same foods as anyone else should, only much smaller amounts. Low fat and low sugar is your goal. There may be some things you have trouble with, such as oatmeal, breads, and dryer, tougher meats.
- * **No liquid calories means:** When you drink something, it should be sugar-free or sweetened with artificial sweeteners like Splenda, Sweet-N-Low and Nutra-Sweet. Examples: WATER, unsweet tea, tea with Splenda, Crystal Lite, black coffee or coffee with artificial sweeteners.
- * Protein bars and protein drinks are good ways to help reach your protein goals, especially if you are not getting enough protein from food. They should have no more than 5 grams of sugar per serving.
- * **Vitamins.** Don't forget that is a lifelong requirement. See the list of vitamin options for your type of surgery.
- * **Fiber.** As soon as you are tolerating solid foods, add a fiber supplement such as Metamucil, Citrucel, Benefiber, FiberCon (or store brands), fiber gummies. This will help with regularity of bowel movements - avoiding constipation and irritable bowel symptoms.
- * The reason we say not to drink with your meals, is to **help you stay full on less food but also to avoid regurgitation and reflux.** When people eat a little, then drink a little, they tend to wash more food down. The other reason not to drink with meals is that **some people can full too fast** and get sick with pain, nausea, reflux, or regurgitation.

Frequently asked questions

☑ Why not carbonation?

For most people, it doesn't feel good, and it can possibly stretch the "pouch."

☑ How much protein should I be eating?

For Lap-Band, Gastric Bypass and Sleeve: at least 60 grams per day.

For Switch and SADI-S: at least 80 grams per day.

☑ What about alcohol?

In moderation, alcohol is OK. Twelve ounces of beer, six ounces of wine or two ounces of liquor per day is considered "moderate." Remember that alcohol has calories, so the more you drink, the less weight you are likely to lose.

Alcohol is absorbed more quickly after gastric surgery, so you have to be strict about no alcohol and driving, operating machinery, etc.

☑ What about vaping or chewing or snuff? No tobacco or nicotine products ever

☑ What about marijuana? The true risks of inhaling or ingesting are unknown and we advise against all forms.

☑ How much weight should I be losing?

One to two pounds per week is enough. Losing faster than this is OK, as long as you are getting in protein three times per day and are not having frequent vomiting.

☑ When can sexual activity resume?

Wait one week. As for exercise, and lifting, follow the "if it hurts, don't do it" rule, and wait another week to try again for any activity that causes pain.

For more information:

Office number 903-593-0230

Our web site www.tylerbariatrics.com