

## McLaren Bariatric & Metabolic Institute

(888) 342-5470

After hours (810) 230-3842

### Laparoscopic Roux-en-Y Gastric Bypass/Sleeve Gastrectomy

#### Bariatric Surgery Patient Discharge Instruction

#### Follow-up Instructions

- **Call for your appointment (when you get home) to see your Surgeon at the Bariatric & Metabolic Institute.**
- Call (888) 342-5470 if you have any questions, 8 am – 500 pm Monday—Thursday and 8 am – 3 pm Friday. After hours, weekends and holidays you may call (810) 230-3842.

#### Dietary Instructions

- Increase your fluid intake up to 64 ounces each day.
- Follow the Bariatric **full liquid** diet for 2 weeks with protein supplement (60-80 grams/day). Do not try to eat any solid food until you have your follow-up appointment with the Surgeon and Dietitian.
- Take your chewable vitamins with iron supplement as directed
- Three weeks post-op you may progress to pureed foods if cleared by Surgeon and Dietitian. **Roux-en-Y Gastric Bypass:** You will be on pureed foods for about 7-10 days – depending on how they are tolerated. **Sleeve Gastrectomy:** You will be on pureed foods for about 4 weeks.

#### Activity Instructions

- No heavy lifting, pushing or pulling (over 10 pounds) for 6 weeks
- Resume light activity. Try to walk at least 5 minutes every hour during the day.
- No driving for one week, and only if you have stopped taking the Hycet Elixir.
- Do not sleep on stomach, you may sleep on your side or on your back
- Begin your walking program as soon as you feel able. You may begin to work yourself up to 10 minute increments three times a day. Between 4-6 weeks increase walking sessions to 20 minutes 1-2 times a day. After 6 weeks you may increase exercise to include biking, light weight lifting and elliptical as tolerated.

#### Medication Instructions

- Crush **ALL** medications that you are to take, or you may take liquid medications. (**Do not crush long acting or slow release medications**).
- DO NOT take Motrin, Ibuprofen, Aleve, Aspirin.
- Continue to take all prescribed medications, if you have questions regarding your medications that you are to resume taking, call your Primary Care Physician. Do not try to swallow tablets or pills until you have gone for your post-op visit with the Surgeon and met with the Dietitian and/or Nurse.
- When you are taking your pain medication, you may have some dizziness or drowsiness. Do not drive or operate machinery and you may **not drink any alcohol**.
- Antacid pill – Omeprazole: open pill contents and mix with applesauce **every** 12 hours. Must take even if not having heartburn symptoms. This is to protect the smaller pouch. If taking over the counter antacid like Pepcid you will need to crush it and mix with applesauce.
- Pain medication – Hycet Elixir: take 15 ml every 4 to 6 hours as needed for pain.
- Nausea medication – Reglan Elixer: take 10 ml every 6 hours as needed for nausea.
- Sleeve Gastrectomy only – Carafate: take 1 gram 1 hour before meals and at bedtime.

#### Special Instructions

- If possible, do not stay home alone the first couple of nights you are home from the hospital.
- Do not return to work until you are cleared by your Surgeon.
- Pain medication may cause constipation. If this becomes a problem, you may use Milk of Magnesia or Dulcolax Suppository for relief of constipation. If it does not resolve within 24 hours, please call the Bariatric & Metabolic Institute (888) 342-5470 or call your Primary Care Physician office for instructions.



780b

PT.

MR.#/P.M.

DR.

- Nausea may occur after surgery, you may take Reglan as prescribed or you may contact your Primary Care Physician for further instructions regarding your nausea. Do not hesitate to call the Bariatric Institute if you have concerns.

**Care of your Surgical Site**

- You may shower when you get home, but **do not scrub the wound site**, pat the area dry. Please do not put Band-aids or gauze over incisions.
- Keep the surgical incisions dry. Do not take a bath, soak in water, swim or get in hot tub until incisions are healed.
- If your surgical site begins to drain after you get home, call the Bariatric & Metabolic Institute and speak to the nurse.

**Call the Bariatric Institute if any of the following occur or develop**

- Fever 101 degrees or above
- Pain that is not relieved by Hycet Elixer.
- Nausea or vomiting that is not relieved by medications and /or that prevents fluid intake for a day.
- Tenderness, redness or swelling in your calf or leg.
- Severe Shortness of breath or chest pain.
- Any signs of infections in or around you surgical incisions like redness, swelling, heat or hardness.
- Blood soaked or yellow/green purulent and/or odorous wound drainage.
- Unable to urinate

**Sexual Activity**

- Sexual activity should not place any pressure on your incisions.
- Woman must not consider pregnancy until 18 months after your bariatric surgery and your weight stabilized. Two separate forms of birth control are required. Also, absorption of prescription medications, over the counter medications and vitamins will vary after weight loss surgery. The use of birth control pill to prevent pregnancy is not recommended. In addition, for 6 weeks after surgery, medication containing hormones are rarely used as the increase the risk of blood clots. Please check with your doctor for reliable birth control methods.

**Back to Work Questions**

- You will not return to work for at least 1 week. Length of time off is dependent on what type of job you have.
- Please make sure to get us your “sick leave” papers or disability papers so we can get them completed in a timely manner.
- Do not hesitate to call the Bariatric & Metabolic Institute if you have any questions.

\_\_\_\_\_  
Discharge Nurses Signature

\_\_\_\_\_  
Patient or Patient Representative Signature

\_\_\_\_\_  
Date (required)

\_\_\_\_\_  
Time (required)

PT.

MR./P

DR.