

## **Adjustable Gastric Banding Discharge Instructions**

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**PAIN:** Pain is most common in your left shoulder from the gas and at the larger incision which is your port. Utilize your pain medication as directed. It is also helpful to move around, do arm exercises, and gently massage the left shoulder for relief of the gas. **Contact Dr. Bass if pain is unrelieved by your pain medication.**

**FLUIDS:** It is essential to stay hydrated. Start with clear liquids when you are discharged from the hospital. Continuously sip all day, 1-2 ounces at a time. You may feel swollen and tight and fill up quickly on small sips. **If you are having ANY trouble keeping liquids down contact Dr. Bass immediately.** Your fluid goal per day is 64 ounces but it may take a few days to reach that goal. Room temperature and warmer liquids may feel better and go down easier for the first week.

**NUTRITION:** Protein is essential to your healing, muscle maintenance and energy. Resume protein drinks the day after your surgery. If you are having trouble tolerating the protein drinks after surgery contact the office to speak with the Marisa. Hold starting vitamins until you start a pureed diet.

**MEDICATIONS:** Resume your medications as instructed upon your discharge from the hospital. Small pills should go down fine however large pills may need to be crushed or divided. Good hydration helps pills to go down easier. **Call the office with any medication questions.**

**BEHAVIORS:** Remember to drink slowly, avoid gulping and avoid using a straw. Drinking too fast may cause discomfort between your breasts and straws may cause gas. Follow the slow diet progression as outlined or you may hurt yourself and your band. Start attending support groups and nutrition classes. Visit [www.gulfcoastbariatrics.com](http://www.gulfcoastbariatrics.com) for support group information.

**ACTIVITY:** Start walking immediately as tolerated. Build on your activity level every day and begin a structured exercise program when you are pain free. You may resume driving after you are off all pain medication. Any water activities such as swimming and water aerobics may resume after all incisions are healed.

**APPOINTMENTS:** Call the office and schedule your postoperative appointment with Dr. Bass ASAP. You will also want to schedule an appointment with the dietitian if you are having any trouble with your protein intake.

### **WHEN TO CALL IMMEDIATELY:**

1. Pain unrelieved by pain medication
2. Liquids not going down
3. Fever 101 F or greater
4. Drainage, redness, increased pain or swelling at any incision sites
5. Pain, redness or swelling in your legs
6. Chest pain or difficulty breathing
7. Persistent vomiting

### **IMPORTANT PHONE NUMBERS:**

**Dr. Bass's Cell: 239-595-0177**

**Tiffany's Cell: 239-233-1728**

**Office number: 239-494-8777**

*\*\* Enter these numbers immediately into your cell phone or home phone.*