

Reference your bariatric guide and lifestyle class materials for additional details

14 DAYS PRIOR TO SURGERY:

- **STOP all appetite suppressants (ex. Phentermine)**
- Make sure your final appointments for clearances, labs and testing are scheduled
- Finish preoperative shopping preparation: protein drink, sugar-free electrolyte replacement, full liquids, clear liquids
- **START** 1 protein drink as a meal replacement daily (if not already started)
- **Review the attached discharge instructions, the guidebook and the education materials from your classes**

10 DAYS PRIOR TO SURGERY:

- **STOP all Aspirin products, NSAIDS, and oral contraceptives. Check with Dr. Bass on stopping other blood thinners.**
- Call the office and hospital to pay any fees due prior to surgery
- ALL caffeine, starch and soda should be eliminated from your diet by this time
- Consider transition to 2 protein drinks as a meal replacement and 1 main meal of protein and a vegetable per day
- **Review the attached discharge instructions, the guidebook and education materials from your classes**

7 DAYS PRIOR TO SURGERY:

- **START** your full liquid diet
- **STOP all vitamin and herbal supplements**
- **Review the attached discharge instructions, the guidebook and education materials from your classes**

1 DAY BEFORE SURGERY:

- **DO NOT** eat or drink after midnight
- Clear liquids only: nothing with red or blue dye (*page 14 of your bariatric guide book*)
- Take medications as instructed by Dr. Bass and/ or the hospital preadmitting nurse
- **Review the attached discharge instructions, the guidebook and education materials from your classes**

SURGERY DAY:

- **DO NOT** eat or drink
- Take medications ,as instructed by Dr. Bass at your preoperative visit, with only a sip of water
- If you are on **CPAP**, take only your mask/ appliance with you, do not take your machine with you.
- Remember your photo ID, insurance cards and arrive to the facility on time. Leave valuables at home.

WEIGHT LOSS SURGERY DISCHARGE INSTRUCTIONS

IMPORTANT PHONE NUMBER

****Office Number: 239-494-8777****

(*After business hours, the answering service will page Dr. Bass. DO NOT hang up, you will hear a recording and a live person will pick up to take your message for Dr. Bass. *)

CALL IMMEDIATELY:

- Heart Racing
- Chest pain or difficulty breathing
- Fever 101F or greater
- Drainage, redness, increased pain or swelling at incisions sites
- Pain, redness or swelling in your legs
- Liquids not going down
- Persistent nausea or vomiting unrelieved by medication
- Pain unrelieved by medication

Office Number: 239-494-8777
(24/7- 365 days per year)

PAIN & NAUSEA:

- Pain is most common in your left shoulder and between your breasts. It is also helpful to move around, do arm exercises, utilize light heat and gently massage the left shoulder for relief of the discomfort.
- Utilize your pain medication as directed.
- Utilize your medication for nausea if prescribed on discharge. If the nausea is new and was not prescribed on discharge, contact the office.
- Drinking too fast, too big of sips or too cold can cause pain and nausea.
- **Call the office if pain or nausea is unrelieved by your prescribed medication.**

FLUIDS:

- The #1 goal is to stay hydrated. Start with clear liquids when you are discharged from the hospital.
- Continuously sip WATER and electrolyte replacement all day, 1-2 ounces at a time.
- You may feel swollen and tight in your chest and fill up quickly on small sips.
- Supplement with a sugar free electrolyte replacement drink daily i.e., Powerade Zero or Vitamin Water Zero.
- Room temperature and warmer liquids are usually better tolerated.
- Your fluid goal per day is 64 ounces but it may take a few days to a couple weeks to reach that goal.
- Review page 15-16 of your Bariatric Guide to Success Before and After Surgery.
- **ANY trouble keeping liquids down contact the office immediately.**

MEDICATIONS:

- Resume your medications as instructed upon discharge from the hospital.
- Small pills should go down fine however large pills may need to be crushed or divided. Spread out multiple pills over 15-30 minutes. Do not take more than 1 pill at a time.
- Good hydration helps pills to go down easier and helps to avoid constipation.
- Monitor your blood pressure and blood sugars frequently if you take medication for those conditions.
- Schedule a follow-up appointment with your medical doctors for medication adjustments.
- **You may take any stool softener or laxative for constipation.**
- **Call the office with medication questions.**

TIPS FOR SUCCESS:

1. READ your guidebook, education materials and these instructions AGAIN
2. ATTEND the postop education class and support groups
3. CALL the office or email Tiffany (tiffany@lapdox.com) if you have questions not in your book.
4. GCB website: check out the website for education materials, support group registration and other tips and tricks: gulfcoastbariatrics.com

NUTRITION:

- Water & sugar-free electrolyte replacement come first when you are discharged from the hospital, as it is essential to your hydration. (see above under FLUIDS)
- Protein is second as it is essential to your healing, muscle maintenance and energy. Resume protein drinks upon discharge from the hospital after your surgery.
- **Review page 13-16 of your Bariatric Guide to Success Before and After Surgery.**
- Portion sizes, bite sizes and sip sizes (pea size) should be very small. How much you tolerate at a time is different for everyone so go VERY SLOW.
- Resume vitamin supplementation as tolerated.
- Hold starting vitamins until you start full liquids or the pureed diet if nauseated or nausea increases.
- **Call the office or email Tiffany with questions.**

BEHAVIORS:

- REMEMBER: drink slowly and avoid gulping.
- Drinking too fast may cause discomfort between your breasts and straws may cause gas.
- Follow the slow diet progression as outlined in your book or you may hurt yourself.
- Portion sizes, bite sizes and sip sizes (pea size) should be very small or it may hurt when you drink or eat or cause vomiting.
- Attend support groups and nutrition classes.
- Review page 19-20 of your Bariatric Guide to Success Before and After Surgery.
- Visit www.gulfcoastbariatrics.com for support group and educational information.
- **Call the office or email Tiffany with questions.**

ACTIVITY:

- Start walking immediately as tolerated and using your incentive spirometer throughout the day. (Walking prevents blood clots, helps with passing gas and opens your lungs to prevent pneumonia)
- Build on your activity level every day as tolerated.
- Shower and wash your incisions gently with soap and water. NO BATHS, NO POOLS, NO SPAS until seen by Dr. Bass for your first postop appointment.
- Driving may be resumed after you are off all pain medication.
- Begin a structured exercise program when you are pain free. Slowly build a routine of cardio and strength training to 6 days per week for 60 minutes.
- Review page 18 of your Bariatric Guide to Success Before and After Surgery.
- **Call the office or email Tiffany with questions.**