

## POST-SURGICAL INSTRUCTIONS

### **After surgery:**

- Start walking slowly when you are back to your room after surgery, and keep walking constantly during the next days. This is for a better and faster recovery of the discomfort caused by the gas and anesthesia used at surgery.
- You will stay from one to two nights in the hospital, depending on the procedure done and the physician's opinion.
- Don't drink liquids until the fluoroscopy test is done, which is the day after surgery. (Before this, just take ice chips to calm the thirst).
- You will have a drain, which will be removed 2 or 3 days after surgery. Even with drain placed, you can bath and have regular activities.
- Don't do heavy lifting for 6 weeks, this is to prevent complication in your incisions.
- Follow the post-op diet. (1 week clear liquids, 1 week full liquids, 1 week soft diet, and from the 4<sup>th</sup> week on, you can have complete diet).

\*\*See your post-op diet file.

### **Back home**

- For better results, remember to follow up with a nutritionist.

\*You can also join our private FB support group where you will receive nutrition information and support from other patients [www.facebook.com/groups/BariatricSurgeriesSupport/](http://www.facebook.com/groups/BariatricSurgeriesSupport/)

- Start taking your multivitamins 2 weeks after surgery.
- The **Laboratory tests** may be at the 3rd, 9th and 15th month after surgery. And those may include:

\* Lipids, \*CBC (complete blood count), \*Blood Chemistry, \*Albumin, \*Total protein, \*Iron tests, \*Vitamins and trace minerals, \*Electrolytes.