

Bariatric

Discharge Instructions

- Call the office to schedule a follow-up appointment 1 week after your surgery, if you do not already have one scheduled (571) 512-5300.

- Activity
 - It is recommended that you are ambulating at least three times per day. This will help prevent blood clots.
 - Do not lift anything heavier than 20 pounds for 6 weeks.
 - Do not drive within 24 hours of surgery or if taking narcotic pain medications.

- Wound care
 - You may shower when you return home from the hospital.
 - Skin glue over your incisions will fall off on its own in 7-10 days.
 - Do not apply lotions or creams to your incisions.
 - Do not go swimming or soak in tubs for 2 weeks.

- Diet
 - Follow the diet progression on the post-op diet handout, as previously directed.
 - Continue sugar-free liquids with protein shakes for one week after surgery.
 - After one week, you may transition to a blended/pureed diet until three weeks after surgery.
 - It is important that you consume at least 48 ounces of fluid per day.

- Medications
 - Take Tylenol as needed for pain.
 - Take your vitamins regularly based on the scheduled outlined for you in clinic.
 - Take an acid suppressing medication for 12 weeks.
 - Take Actigall for 6 months, if instructed to do so.
 - Do not take any anti-inflammatory medications!