



Kevin L. Huguet, MD
General Surgery
Laparoscopic Surgery

Jamii B. St. Julien, MD
General Surgery
Advanced GI
Minimally Invasive Surgery

BARIATRIC DISCHARGE INSTRUCTIONS

- You may shower when dressing is removed or 24 hours after surgery. No baths, swimming, hot tubs or soaking of any kind.
- Do not apply any ointments or hydrogen peroxide to incision unless prescribed.
- Do not lift anything heavier than a dining room chair or ten pounds.
- Do not drive if you are taking pain medication.
- Thin liquids only to protect the small stomach pouch for the first two weeks. These include:
 1. clear broth soup (no vegetables, meat or cream),
 2. skim or soy milk
 3. no added sugar popsicles
 4. Optifast or other approved meal replacement shakes

Please review the LifeHelp Nutrition Manual for a complete list of approved foods and recommendations. Please call the LifeHelp Nutrition Center for further instruction in post operative bariatric surgery diet phases (727) 820.7910.

- Sip all liquids/servings over a one-hour period. 1 oz every 30min.
- Chewable multivitamin daily for the first month.
- Stay active. You should walk at least 4 times daily. You may go up and down stairs.
- Call the office if temperature >101, drainage from the incision, or any other problems. The phone is answered 24 hours a day.

Call the office for an appointment _____.

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