Bariatric Surgery, Care After Surgery

Please read the instructions outlined below. Refer to this sheet in the next few weeks. These discharge instructions provide you with general information on care after leaving the hospital. Your surgeon may also give you specific instructions. While treatment has been planned according to the most current medical practices available, unavoidable complications sometimes happen. If you have any problems or questions after discharge, please call your surgeon or caregiver.

AFTER SURGERY

- After surgery, you will be taken to the recovery area. A nurse will watch and check your progress there. Once you're awake, stable, and taking fluids well, barring other problems you will be allowed to go home.
- Do not take alcohol, drive a car, use public transportation, or sign important papers for at least one day following surgery.
- Do not resume physical activities until directed by your caregiver and surgeon.
- Avoid lifting anything over 10 pounds for 6 weeks following surgery, or until approved by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Follow the guidelines set forth by your caregiver regarding diet and activity after surgery.
- Change dressings as directed.

SEEK MEDICAL CARE IF:

- There is redness, swelling, or increasing pain in the wound.
- There is pus coming from the wound.
- There is drainage from the wound lasting longer than one day.
- An unexplained oral temperature above 102° F (38.9° C) develops.
- You notice a foul smell coming from the wound or dressing.
- There is a breaking open of the *wound* (edges not staying together) after stitches have been removed.
- You notice increasing pain in the shoulders (shoulder strap areas).
- You develop dizzy episodes or faint while standing.
- You develop persistent nausea or vomiting.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop, or feel you are developing, any reaction or side effects to medications.

Document Released: 12/18/2006 Document Re-Released: 03/16/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.