Gastric Sleeve

Refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications sometimes occur. If you have any problems or questions after discharge, please call your caregiver.

ACTIVITY

- Take frequent rest periods throughout the day.
- Take frequent walks throughout the day. This will help prevent blood clots.
- Continue to do your coughing and deep breathing exercises once you get home. This will help prevent pneumonia.
- No strenuous activities such as heavy lifting, pushing or pulling until after your follow-up visit with your caregiver. **Do not** lift anything heavier than 10 pounds (4.5 Kilograms).
- Talk with your caregiver about when you may return to work and about your exercise routine.
- **Do not** drive while taking prescription pain medicine.

NUTRITION

It is very important that you drink in between meals. When you get home, you should drink one ounce of fluid as often as you can. Drink sugar free, clear liquid items after the surgery. You should stay on a full liquid diet until your follow-up doctor's visit. Items that you can drink include:

- Fruit juices: apple, grape, cranberry (no juice cocktails - ONLY 100% juices).
- Broths.
- Others: Sugar-free Jell-O, sugar-free Popsicles, sugar-free frozen juice bars, water.
- Decaffeinated coffee or tea
- Nonfat or skim milk, protein shakes, sugar-free protein powder mix
- You may need to take:
  - A multivitamin.
  - B-12.
  - A calcium supplement.
- A dietician may also give you specific instructions.

HYGIENE

- You may shower and wash your hair 1 day after surgery.
- Pat incisions dry. Do not rub incisions with washcloth or towel.

PAIN CONTROL

- You may feel some chest, shoulder, or abdominal discomfort.
- Assuming a knee-to-chest position may help.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If the pain is not relieved by your medicine, you have difficulty breathing, or have severe calf pain, call your caregiver.

INCISION CARE

- If there is no dressing, the incision should be open to air and kept dry.
- You may have a dressing. Keep the dressing clean and dry. Remove the dressing according to your caregiver's instructions.
- Your caregiver may use a drain to help you heal. If you have a drain:

- Keep the area of the drain clean and dry.
- Follow the instructions your healthcare team gave you at discharge for emptying the drain and recording the amount of fluid daily.
- If the drain is accidentally pulled out, call your surgeon.
- Remember to keep the drain supported by attaching it to your clothes by a safety pin to prevent premature accidental removal.
- The normal drainage will be a light red color. If you notice the drainage to have a foul smell, turn green, or have bright red blood, call your surgeon.

SEEK MEDICAL CARE IF

- If you feel feverish or have shaking chills, take your temperature. If your temperature is 101° F (38.3º C) or above, call your caregiver. The fever may mean there is an infection.
- Check your incisions and surrounding area daily for any redness, swelling, discoloration, drainage or bleeding. If any of these are present, call your doctor. (Dark red, dried blood may appear under these coverings - this is normal).

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