# Gastric Bypass Surgery
## Care After Surgery

Please read the instructions outlined below and 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 doctor may also give you ***specific*** instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your doctor.

### ACTIVITY

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

### NUTRITION

It is very important that you drink at least 64 ounces of fluid a day. Have on hand sugar free, clear liquid items for the postoperative period. You should stay on a clear liquid diet until your follow-up doctor's visit. Items include:

- Fruit juices: Apple, grape, cranberry.
- Broths: Clear beef, chicken, vegetable.
- Others: Sugar-free coffee, tea, Jell-O, Popsicles, frozen juice bars, water, Gatorade, Crystal Light.
- Limit the amount of drinks containing caffeine to 3-4 cups per day. Large amounts of caffeine can cause dehydration.
- A dietician may also give you ***specific*** instructions.

### HYGIENE

- You may shower and wash your hair 2 days after surgery.
- Pat incisions dry. Do not rub incisions with washcloth or towel.

### FEVER

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.

### PAIN CONTROL

- You may feel some chest, shoulder, or abdominal discomfort. It is caused by the *absorption* of air that was used during the operation.
- If the pain is not relieved by your medicine, you have difficulty breathing, or have severe calf pain, call your caregiver.

### INCISION CARE

- You may have four or more small cuts (*incisions*). They are closed with skin adhesive strips. Skin adhesive strips can get wet and they will fall off on their own.
- You may remove your dressings in 3-5 days or as instructed after surgery.
- Check your incisions and surrounding area daily for any redness, swelling, discoloration, drainage or bleeding. (Dark red, dried blood may appear under these coverings - this is normal). If any of these are

present, call your doctor.

- If you have a drain it will be removed at your follow-up doctor's appointment.

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