Bariatric Surgery, Gastrointestinal Surgery for Severe Obesity

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 caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. Your treatment has been planned according to the most current medical practices available. But unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.

HOME CARE INSTRUCTIONS

- It is normal to be sore for a couple weeks after surgery. See your caregiver if the soreness seems to be getting worse rather than better.
- **You may resume your diet and activities only as instructed.** Avoid lifting until you are instructed otherwise.
- Use showers for bathing, until seen or directed otherwise.
- You may apply ice to the surgical site for 20 minutes each hour while awake for the first 2 days following surgery. Put the ice in a plastic bag. Place a towel between the bag of ice and your skin.
- Change dressings if needed or as directed.
- Avoid driving a car until given the OK by your surgeon.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Make an appointment to have your stitches removed by your caregiver when instructed.

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 a wound that lasts longer than one day.
- An unexplained oral temperature above 101°F (38.3° C) develops.
- You notice a foul smell coming from the wound or dressing.
- There is a breaking open of a wound (edges not staying together) after the stitches have been removed.
- You develop dizzy episodes or fainting while standing.
- You develop shortness of breath.
- You develop repeated nausea or vomiting.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medications given.

ADDITIONAL RESOURCES

American Society for Bariatric Surgery
140 NW 75th Drive, Suite C
Gainesville, FL 32607
Phone: (352) 331-4900
Fax: (352) 331-4975
www.asbs.org

Weight-control Information Network (WIN)
1 WIN WAY
BETHESDA, MD 20892-3665
Phone: (202) 828-1025
FAX: (202) 828-1028
Internet: www2.niddk.nih.gov/HealthEducation/HealthNutrit
Email: WIN@info.niddk.nih.gov
Internet: http://win.niddk.nih.gov
Toll-free number: 1-877-946-4627

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