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Gastric Bypass Patient Discharge Information

Follow-up appointments:

- Call Dr. Sandor's office (781-279-1123) once you get home to arrange a follow-up appointment for about 7-10 days after your surgery for staple removal.
- You should already have a nutrition appointment scheduled for 3 weeks from the date of your surgery. If you do not have one scheduled, call (781) 756-2615 (for Winchester Hospital) as soon as possible to arrange.
- An appointment with your primary care physician about 4-6 weeks after surgery is advised, particularly, if you are on diabetic medication or blood pressure medication.

When to call the doctors office:

- if you have any fever/temperature > 101 degrees; any drainage from your incisions which is purulent (pus like/tan/thick); or warmth and redness surrounding the incisions.
- if you are having continuous nausea and vomiting and are unable to keep fluids down.
- if you have increasing abdominal pain or pain not responding to pain medication.
- for any questions or concerns that you may have.

What you can do:

- Move around as much as you want. Walking is good. Stairs are okay.
- You may shower. Get plenty of rest.
- Continue with Stage 3 Bariatric Diet, clear, sugar free liquids as per the handout (until you see nutritionist – about 3 weeks). Add your supplements (MVI, TUMS, and Zantac or Ranitidine) when able, sometime in the first week. The goal is at least 50 grams of protein per day, which can be met with 5 scoops of the Bariatric Meal product throughout the day. Drink as much water as you can on top of this.
- Use pain medication as needed. Crush all pills that are larger than a TicTac. When able, may switch to Tylenol for decreasing pain.

What you cannot do:

No driving while taking pain medication. Once you are off of pain medication, your reaction times are good and you are able to move and change your position readily, you may resume driving. No heavy lifting: nothing > 20 pounds for 1-2 weeks after surgery.

What to expect:

- Some drainage can be expected from any of the wounds, but especially from the spot where the drain was removed, sometimes as much as a cupful. The drainage should look pinkish – or about the color that was collecting into the drain prior to its removal. Also expect some minor drainage from the incision where the wick was removed. Keep a dry dressing over these areas until the drainage has stopped, usually 48-72 hours after discharge.
- You may have some days when you are not able to take in all of the liquid requirements of the diet. Do not force the liquids or try to play catch up.
- Constipation may be a problem. If you have not had a bowel movement a couple of days after discharge from the hospital, you may use milk of magnesia. If no response you may try a fleet enema. If constipation is an ongoing issue, you may require a stool softener such as Colace, which is available over the counter.