



Bariatric Surgery Key Points

- **Preparing for Surgery**

- What to Bring to the Hospital

- I. Comfortable gym clothes
 - II. Sandals for walking in the hospital
 - III. CPAP machine, if you have one

- What to do Before You Go

- I. No bowel prep is necessary
 - II. Follow the pre-op diet the week leading to surgery
 - III. Review the Medication Changes chart.
 - IV. Clean out your belly button
 - V. No breakfast and nothing to drink except some sips of water to wash down medications the morning of surgery.
 - VI. Arrive at the hospital **3** hours before for hospitals, or **1.5** hours before for the ambulatory center, HASC.
 - VII. Document your journey! Take a "Before" picture.
 - VIII. Get signed up to attend the program at Bariatric Counseling Center while you are off work after surgery.

- **Discharge Instructions – First Week after Surgery Until Your Follow-up with Your Surgeon**

- Follow Stage 1 Diet.
 - Walk as far as you can at least once a day; twice is better.
 - Showers are ok; avoid swimming pools or baths.
 - Do not drive if you are on narcotic pain medications.
 - Go to your 1 Week Follow Up appointment with your surgeon and your post op class.
 - Return to Work is typically 1-2 weeks after surgery.
 - Continue to document your journey with pictures and journaling.
 - Call our office (210) 651-0303 if you experience any of the following:
 - Fever over 100.5
 - Worsening pain, unrelieved pain, or pain that worries you
 - Incision problems such as leakage, redness, swelling, or increased tenderness
 - Difficulty keeping up with hydration
 - Shortness of breath

- **Weeks 2-4**

- Follow Stage 2 Diet (See Baritastic App or Nutrition Guide on our website under Patient Support).
 - Start your bariatric vitamin regimen (See Baritastic App or Nutrition Guide on our website under Patient Support).
 - Do not drink water for 1 hour after eating.
 - Remember your WEPNSS.
 - Start exercising – get guidance by a consultation at Texas PT Specialists.
 - Expect your energy to be a little low still.

- Attend your One Month Post Op visit with our medical team. Out-of-Towners should see their Primary Care Provider if you cannot come to our office.
- Continue journaling.
- Connect with us on **Facebook** or **Instagram** and attend **Support Group**. Out-of-Towners may attend Support Group online. A link is sent in the monthly newsletter.
- **Weeks 5-8 / Month 2 and Beyond**
 - Follow Stage 3 Diet. (See Baritastic App or Nutrition Guide on our website under Patient Support).
 - Do not drink for 1 hour after eating.
 - Always follow your WEPNNS.
 - Constipation:
 - Fiber supplement 2-3x/day
 - Make sure you're getting in 64 oz water
 - Probiotics may be helpful
 - OTC stool softeners such as Colace 100mg daily
 - Milk of Magnesia or Miralax
 - Contact us.
 - Adhere to Bariatric Vitamin regimen.
 - Get your 1 month labs done and review them at your 2 Month Post Op Visit with us (or your PCP if you are too far out of town).
 - Continue journaling.
 - Connect with us on Facebook or Instagram and attend Support Group.
- **Follow Up Schedule**
 - 1 week post op
 - 1 month post op
 - 2 months post op (with lab review)
 - 3 months post op
 - 6 months post op (with lab review)
 - 1 year post op (with lab review)
 - 18 months post op
 - Annually thereafter (with lab review)
- **Lab Slips – Monitoring vitamin levels and other lab markers is of critical importance for your health and safety after bariatric surgery. Failure to identify and manage vitamin deficiencies or other problems may be severely debilitating or even fatal.**
 - You should receive a personalized lab slip from us for your labs the visit before.
 - Out of town patients will receive their lab slips at their 1 Week Post Op visit in our office which you may have drawn with your PCP.