



Home Care After Gastric Bypass

DIET

- Drink 48-60 fluid ounces of non-caffeinated, sugar-free liquids per day.

ACTIVITY

- Increase activity as tolerated.
- Be sure to walk several times a day. Allow for rest periods as needed.
- Do not bend, strain or do any heavy lifting for several weeks or until instructed by your physician.

DISCOMFORT

You may experience some discomfort following the laparoscopy. The following complaints are common and are not cause for alarm:

- Abdominal tenderness or abdominal cramping.
- Low backache (you may have some pain radiating to your shoulders, chest or back from the carbon dioxide used in surgery to inflate your abdomen).
- A sore throat for a day or two from the anesthesia tube.
- Black and blue marks on your abdomen.

WOUND CARE

- Keep wound covered for two days. Covering is optional after that
- Leave "Steri-Strips" (small tapes across incision) on until they start to curl and fall off on their own.
- You may shower. DO NOT Bathe for two weeks.
- You may expect a small amount of drainage from your incisions. Change Band-Aids as needed.
- If there is no drainage, remove the Band-Aids two days after surgery and leave them off to allow for better healing.
- If your wounds are covered with an Op Site (clear plastic-like covering) Check Op Site before and after showering. There should not be any water under your op site. If water collects under op site contact your physician for instruction.

CONTACT YOUR DOCTOR IF

- You have a temperature above 100 degrees F.
- You have a large amount of drainage or bleeding from your incisions.

- You have nausea or vomiting.
- Your pain medication is not keeping you comfortable.
- You have any questions.