	_'s Care Guide after Gastric Bypass Surgery
I came to the hospital on	and left on
I came to the hospital because	

How I may feel and what I should do

These symptoms are normal

I may feel pain

- I may have shoulder pain for up to 1 week after surgery.
- I should take my pain medication before my pain gets really bad.
- I should follow the instructions on my medication bottle.
- I should use less narcotic pain medication as my pain gets better. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.
- I can't drive or drink alcohol while taking narcotic pain medication.
- I should hold a pillow tightly against my incision when I cough or sneeze.

I may feel constipated

- Narcotic pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water, eat fruits and vegetables, and take a fibre supplement each day, such as psyllium husk (Metamucil).
- I should take a stool softener like Senekot if I haven't had a bowel movement in 2 days. Milk of Magnesia or Lactulose can also help. I should ask my pharmacist for help.

I may feel tired

• Pain medication can make me feel sleepy. I should rest when I'm tired.

I may not feel hungry

I should eat smaller meals and snacks more often.

These symptoms are not normal

- I have pain that doesn't get better when I take pain medication.
- I have pain that hasn't gone away after a few weeks.
- I have really bad bloating.
- I have ongoing nausea and vomiting.
- I have pain, redness, or swelling in my lower leg.
- My incision is painful and looks more red, swollen, or is draining pus.
- My temperature is over 38.5°C or I have chills.

I need to call the bariatric clinic or my surgeon.

I need to go to the nearest emergency department if I can't reach the clinic or my surgeon.



These symptoms are an emergency

My notes and questions



- I have trouble breathing.
- I have new and really bad chest pain.

I need to call 911.







How my activities will change

Eating

- I will need to change my eating habits because my stomach is now smaller.
- I should eat the correct amount, type, and texture of food. Following what the dietitian told me will help me eat healthy and lose weight safely.
- I **shouldn't** use straws or have carbonated drinks because they can cause gas in my stomach.
- Day of surgery: I will have an IV. I can have sips of sugarless 'clear' fluids (15 mL every 15 minutes). Examples are black tea or coffee, broth, and Jell-O.
- 1 day after surgery: I can have 'clear' fluids (30 mL every 15 minutes).
- 2 days after surgery: If my body is handling 'clear' fluids, I can have 'full' fluids (30 mL every 15 minutes). Examples are cream soup, pudding, and milk.

Showering

- I can shower 24 hours after my surgery.
- I can let soapy water run over my incision, but I shouldn't rub my incision.
- I can't have a bath, go swimming, or use a hot tub until 2 weeks after my surgery.

Exercise and physical activity

- I can slowly return to my normal activities.
- I should go for walks often, but I should take a break when I need one.
 Walking will help me get better and can prevent problems after surgery.
 It promotes blood flow, bowel function, breathing, and weight loss.
- I can't lift more than 10 pounds for 2 weeks after my surgery.

Taking medications

- My doctor will tell me when I can start taking my usual medications.
- I will need to take medication to prevent stomach ulcers.

Attending follow-up appointments

- If I live in Toronto: I will get information from the hospital about my postoperative appointment.
- If I don't live in Toronto: I need to call my local bariatric clinic to set up my post-operative appointment.
- I will have a team of doctors, nurses, dietitians, and social workers to help me
 at the bariatric clinic. My team will help me feel better and prevent problems
 with my recovery.
- I need to go to my appointments even if I'm not feeling well.

Sexual activity

- I can have sex when I feel well enough.
- I can't get pregnant for 12-18 months after surgery. I should talk to my doctor about preventing pregnancy.

Going back to work or school

• I should talk to my doctor about going back to work or school. It is normal to be off for 4 weeks but this can change based on what my job is and how I feel.

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How I should care for my inci	sion My notes and questions
 If I have steri-strips (small strips of tape on my incision The steri-strips should fall off on their own in 7-10 day If they haven't fallen off on their own, I can gently take shower after 10 days. 	/S.
If I have staples or sutures My staples will be taken out at my follow-up appointment bariatric clinic. I should let the nurse at the bariatric computer my staples need to be taken out.	
 Ongoing care My incision scar may be red, dark pink, or purple. My may not fade over the next year. I should use sunblock on my incision if it is in the sun 	
 I was given a list of medications I need to take. I was told why I need to take my medications. I was told about the side effects of my medications. 	
My appointments	
☐ I was given a list of my appointments. ☐ Someone reviewed my list with me. ☐ I was told about the automated phone call.	
Where I can go for more inform	ation
For information about	I can call or go to



