



TYLER BARIATRICS

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Surgery Postop Instructions

- * **May shower 48 hours after surgery.** Just wash incisions with mild soap and water, pat dry. No bandages needed. No tub baths or soaking for 2 weeks.
- * **Avoid heavy lifting.** OK to lift: babies, a gallon of milk, a TV remote, etc. Avoid lifting over 40 pounds until 6 weeks after surgery. Follow the “if it hurts, don’t do it rule.”
- * **Prescription medications:** Resume usual medications unless you have been directed otherwise. Most pills should go down fine, but you may not be able to take all of them at once.
- * **Acid reducing medicine:** For 60 days after surgery, take omeprazole (Prilosec) or lansoprazole (Prevacid) once daily. These are available over the counter. Any proton-pump-inhibitor (PPI) such as Nexium, Protonix, Aciphex, or Dexilant is acceptable.
- * **Vitamins Gastric Bypass and Sleeve:** Two multivitamins *with* iron and B12 and a calcium citrate supplement daily. Use chewables for the first month. We recommend the Bariatric Advantage or Fusion vitamins available from us or online.
- * **For pain,** acetaminophen (Tylenol) over the counter, as directed on package, is usually enough. If not, use the prescription medication given to you by our office.
- * **Over-the-counter medications** (such as cold and sinus medications): may be used according to the directions on the packaging. Avoid *long term* use of anti-inflammatories (NSAIDs), such as: ibuprofen (Motrin or Advil), naproxen (Aleve or Naprosyn), meloxicam (Mobic). *Occasional short-term (less than one week)* use is usually fine.
- * **Driving:** Try to wait one week. Do not drive if you are taking any of the prescription pain medications we gave you. Take a short drive first to make sure you are comfortable. Avoid long trips for first six weeks; if you do take a trip longer than one hour, you need to stop and walk at least every hour.
- * **Exercise:** Start with walking right away. Jogging, stationary bike, low-impact aerobics are fine at 2 weeks, then you can increase as tolerated. Avoid abdominal crunches and weight lifting for 6 weeks. Follow the “if it hurts, don’t do it rule.”
- * **Returning to work:** The general recommendation is one to two weeks. if you feel ready to return sooner, that is fine. You may need longer depending on your recovery and job requirements.
- * **Attend support groups and nutrition classes.** Check with office for times.
- * **Call the office number with questions or concerns,** including after hours if you think it is an emergency. Dr. Babineau or another surgeon is always on call. Come to the Emergency Room or call 911 if you have to, but usually it is best to try calling us first.

Diet Instructions

First 2 Weeks After Surgery: liquids or pureed consistency diet, no carbonation

- * If it can go through a straw, or even a little thicker, its OK (but don't actually use a straw, because this can make you drink too fast and have discomfort).
- * **Examples:** Broth, cream soups, yogurt, pudding, thin mashed potatoes, thin cream of wheat or malt-o-meal (no oatmeal for now), Sugar-free Carnation Instant Breakfast, Atkins Shakes, Jello, Coffee, tea, milk. Low fat, low sugar protein drinks, like Isopure or Bariatric Advantage.
- * You can put soft food in a **blender or food processor** to make puree if you want. Do not puree meats or fried foods.
- * **Drink enough fluids.** Drink small amounts frequently. *Work up* to 64 ounces per day of sugar free liquids (water, unsweet tea, Crystal Lite, etc.) It might be a few weeks before you can manage 64 ounces.

After 2 weeks: regular food, no carbonation, no liquid calories, do not drink with your meals

- * **Regular food means:** Eat lean meats, fruits, vegetables, eggs, dairy, limited starches, limited cheeses, limited fatty foods. Avoid fast food, junk food, chips, dressings, dips, ice cream, and so on. You should generally be eating the same foods as anyone else should, only much smaller amounts. Low fat and low sugar is your goal. There may be some things you have trouble with, such as oatmeal, breads, and dryer, tougher meats.
- * **No liquid calories means:** When you drink something, it should be sugar-free or sweetened with artificial sweeteners like Splenda, Sweet-N-Low and Nutra-Sweet. Examples: WATER, unsweet tea, tea with Splenda, Crystal Lite, black coffee or coffee with artificial sweeteners, and don't forget... WATER!
- * Protein bars and protein drinks are OK, but **only if you count them as meals.** A protein bar for breakfast, protein drink and piece of fruit for lunch, and then a small dinner of regular food, is a very reasonable way to lose weight.
- * Your goal, between protein supplements and food, is 60 to 80 grams of protein per day. One ounce of uncooked meat or fish is about 7 grams of protein.
- * The reason we say not to drink with your meals, is to **help you stay full on less food.** When people eat a little, then drink a little, then eat a little, and so on, they tend to wash more food down. That is one example of how a person can "eat around" the surgery. So, have your fluids at least 30 minutes before, or 30 minutes after your meal.

Frequently asked questions

Why not carbonation?

For most people, it doesn't feel good, and it can possibly stretch the "pouch." Overall weight loss is not as good when people regularly drink soda - **even diet!**

What about alcohol?

In moderation, alcohol is OK. Twelve ounces of beer, six ounces of wine or two ounces of liquor per day is considered "moderate." Remember that **alcohol has calories**, so the more you drink, the less weight you are likely to lose.

When can sexual activity resume?

Wait one week. As for exercise, and lifting, follow the "if it hurts, don't do it" rule, and wait another week to try again for any activity that causes pain.

How much weight should I be losing?

One to two pounds per week is enough. Losing faster than this is OK, as long as you are getting in protein three times per day and are not having frequent vomiting.

What if I eat ice cream, chips and dip, and pudding with whipped cream?

You will not feel as full on foods like this, and will not lose weight.

For more information:

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