

POST-SURGICAL INSTRUCTIONS

IMMEDIATELY AFTER SURGERY (HOSPITAL)

- Start walking slowly as soon as you return to your room. Continue walking frequently throughout the day. This helps reduce gas discomfort, improves circulation, and speeds recovery.
- You will stay **1–2 nights in the hospital**, depending on the procedure and your clinical progress.
- Do not drink liquids until the fluoroscopy (leak test) is completed, usually the day after surgery.
- Before the fluoroscopy, you may have **small ice chips only** to relieve thirst.

ACTIVITY & RECOVERY

- Walking from day one is essential.
- Avoid staying seated or lying down for long periods without moving.
- Do not lift more than **10 kg (22 lb) during the first 4 weeks**.
- Do not lift more than **25 lb (11 kg) during the first 6 weeks**.
- Light cardiovascular activity may resume after **2 weeks**, as tolerated.
- Intense exercise and weight training: after **6–8 weeks**, with medical clearance.

INCISION CARE

- Wash incisions once daily with soap and water during the first week.
- Keep incisions clean and dry.
- Do not apply creams, powders, or ointments unless instructed by your physician.
- Mild swelling or minimal clear drainage is normal during the first few days.

HYDRATION

- Take **small sips continuously throughout the day**.
- Goal: **1.5–2 liters per day (48–64 oz)**.
- Avoid drinking large amounts at once.



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POST-OPERATIVE DIET (VERY IMPORTANT)

You must strictly follow your nutrition plan:

- Week 1: Clear liquids
- Week 2: Full liquids
- Week 3: Soft / pureed diet
- Week 4+: Gradual transition to regular foods

👉 Even if you feel well, **DO NOT skip any phase.**

Skipping stages may lead to nausea, vomiting, pain, obstruction, leaks, or stomach dilation.

Refer to your post-operative diet guide for full details.

PROTEIN & SUPPLEMENTS

- Start protein intake during the **first week** (clear protein or protein powder mixed with water).
Examples: Unjury, Isopure, Premier Protein
- Daily protein goal: **60–90 grams**
- Start **bariatric multivitamins 1–2 weeks after surgery**, as directed
Example: Bariatric Advantage

HABITS

- Do not smoke
- Do not consume alcohol

MEDICATIONS

Take medications exactly as prescribed:

- Ketorolac 30 mg (sublingual, for pain):
1 tablet every 8 hours
- Cefalexina 500 mg (antibiotic):
1 tablet every 8 hours for 7 days
- Omeprazole 20 mg:
1 capsule every 12 hours for 30 days
- Magaldrato solution
Take 10ml every 8hrs for 30 days
- Resume your regular medications as instructed by your physician



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FOLLOW-UP

- Maintain regular follow-up with your **nutritionist and bariatric team**
- Attend all scheduled medical appointments

BLOOD WORK FOLLOW-UP

Regular lab monitoring is essential after bariatric surgery to detect and prevent nutritional deficiencies—even if you feel well.

Required Labs (All Patients: Sleeve, Bypass & Duodenal Switch)

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel (CMP)
- Iron panel (iron, ferritin, TIBC)
- Vitamin B12
- Folate
- Vitamin D
- Calcium
- Parathyroid Hormone (PTH)

Additional Labs (Bypass & Duodenal Switch Patients)

- Vitamin A
- Zinc
- Thiamine (Vitamin B1)

Lab Schedule

Bypass & Duodenal Switch Patients

- Month 3
- Month 6
- Month 12
- Month 18
- Yearly thereafter **for life**



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Gastric Sleeve Patients

- Month 3
- Month 6
- Month 12
- Yearly thereafter

Important

- Lab work is required **for life**
- Deficiencies may develop without symptoms
- Supplements must be adjusted based on results
- If a deficiency is detected, labs should be repeated after treatment

⚠ WARNING SIGNS

Contact your medical team immediately if you experience:

- Fever
- Persistent or severe pain
- Continuous vomiting
- Difficulty tolerating liquids
- Significant redness, drainage, or bleeding from incisions
- Shortness of breath