

Go to [www.MISHhospital.com](http://www.MISHhospital.com) → Main Menu → *Weight loss surgery* → *Preparing for weight loss surgery* for ALL the referenced information below.

**PAIN CONTROL** -- Pain is generally the worst for the first 2-3 days after surgery. Regular use of your pain medication will provide adequate control. If you feel you no longer require the prescribed pain medication, you may switch to plain Tylenol.

**ACTIVITY** -- It is VERY IMPORTANT to move around frequently. You are at an increased risk for forming blood clots in your legs after surgery. Walking helps prevent / reduce clot formation. It also quickens general recovery.

**BREATHING** -- Taking deep breaths and coughing helps to re-open your lungs and clear the phlegm that could build up after surgery. Use the Incentive Spirometer every hour while awake for the 1<sup>st</sup> 3- 4 days after surgery.

**DIET** -- **Avoid dehydration!** Please refer to the immediate Post-Op Diet instruction sheets – given to you at discharge. REMEMBER 60 ounces or more of fluids daily. Take small drinks and slowly. If experiencing stuck feeling – may not be small or slow enough. REMEMBER ALSO - 60 gms of protein and a vitamin daily.

**JP DRAIN** -- Record the amount of drainage daily. Remember to squeeze the bulb before capping it - that is how we create the suction. The drain is removed after one week. Occasionally, some fluid may leak out from around the drain site. If this happens just change the dressing around the drain. Keep it dry and clean. *Do not forget to drink 1 glass of something **Blue** or **Purple** first thing in the morning for one week - call for any color change, odor or a creamy drainage. Drainage should be see through and watery like Red-Orange-or-Yellow Kool-Aid.*

**CALL US** -- Call if you have a fever above 100.5°F, vomiting, inability to keep liquids down, redness or swelling at the incisions, chest pain, shortness of breath, increased heart rate (greater than 100), excessive abdominal pain, change in JP drainage, getting dehydrated or anything that may concern you or does not feel right to you. In case of an emergency dial 911.

**WOUND CARE** -- In **THREE** days, remove all your dressings. The bandages covering your incisions are waterproof. You can **shower** anytime. NO soaking of your incisions for at least 6 weeks after surgery. This means no pools, baths, hot tubs, Jacuzzis, or swimming till incisions are fully healed.

**MEDICATIONS** -- Please verify with pharmacist or doctor if your medications can be cut or crushed. Meds can also be liquefied. Please do not swallow a mouth full of pills at one time. Big pills should be cut into smaller pieces. Please **DO NOT USE** Non-Steroidal Anti-Inflammatory Drugs (NSAID's) such as aspirin, Motrin, Advil.... after surgery. As you lose weight, your need for some of your medications - especially blood pressure and diabetes medications may change. Please follow-up closely with your prescribing doctors regarding continued use of your medications and dose adjustments as you continue to lose weight. If you were on anticoagulants or blood thinners make sure you know when to restart them. Refer to the Medication Reconciliation sheet given to you at discharge for instructions on what to do with your home medications.

**FOLLOW-UP** -- Please make your follow-up appointment for **one week** (JP drain removal) and **three weeks** after surgery. For the rest of your appointments please refer to your Follow Up Plan sheet given to you in the office, also available on our website.

**HOW TO CONTACT US** -- **Hospital Tel. 913 322-7408** and **Clinic Tel. 913 322-7401** – If it is an EMERGENCY go to the nearest Emergency Room (ER) and have the ER contact MISH Hospital, or your surgeons.