

Bariatric Surgery Post-Operative Instructions

Congratulations on your bariatric surgery! These instructions are designed to provide you with important information and guidelines to follow for a safe and smooth recovery. Closely following these recommendations is crucial for your health and well-being, so please review them carefully.

Diet

- Immediately after surgery: start with 1 ounce of water every 15 minutes. If you are tolerating water intake, advance to clear protein drinks (e.g. Protein2O).
- Morning after surgery: Transition to a bariatric full liquid diet to include protein shakes and strained/blended soups. Add a scoop of unflavored protein powder (available at our office) to every 8 ounces of soup. You may season to taste.
- Your goal is to consume at least 80 grams of protein per day. Do not drink water or other non-protein beverages until you have reached your daily protein target.
- Aim for 64 ounces of fluids per day.
- Avoid coffee, tea, alcohol, and carbonated beverages. Do not drink from straws.
- Please follow your provider's and dietitian's instructions for advancing diet after surgery.

Medications

- Pain management:
 - Tylenol (acetaminophen) is recommended as the primary pain medication. For severe pain not relieved by Tylenol, use oxycodone or hydrocodone as prescribed.
- Ondansetron (Zofran): Take as needed for nausea/vomiting.
- Pantoprazole (Protonix): Start the day after surgery and continue for 90 days. This medication reduces stomach acid to promote healing after surgery.
- Eliquis: Start 3 days after surgery and continue for 30 days. This medication helps prevent blood clots.

- Ursodiol: If you still have your gallbladder, start the day after surgery and continue for 90 days. This medication helps prevent gallstone formation.
- Discontinue all dietary supplements 1 week before your surgery. You may generally resume taking supplements 1 week after surgery. If you have any questions about specific supplements, please consult our office.

Vitamins

- Take a B-complex vitamin daily for the first 2 weeks after surgery.
- Start a bariatric multivitamin and calcium supplement (available at our office) as directed by your provider, beginning 2 weeks after surgery.

Bowel Movements

- You should have a bowel movement daily. If not, take a laxative (herbal laxatives are available in the office or you may use over-the-counter Miralax).
- Contact our office if you are unable to have a bowel movement for 2 days.

Activity

- Walking is encouraged during your recovery.
- Do not lift more than 15 lbs for the first 6 weeks after surgery.
- Avoid bending over to pick up objects for the first 2 weeks.
- At 2 weeks, you may start light cardio exercise if cleared by your provider.
- At 6 weeks, you may begin core exercises and weight training.

Wound Care

- Incisions are closed with absorbable suture and surgical glue. The surgical glue will fall off naturally after 5-10 days.
- You may shower the day after surgery, but do not remove the surgical glue or submerge the incisions. You may begin bathing at 2 weeks.

Laboratory Tests

- You will have lab work drawn 30 days prior to your 6-month, 1-year, and annual post-operative visits.

Follow-Up Appointments

- Your follow-up appointments are scheduled for 2 weeks, 3 months, 6 months, and 12 months after surgery and annually thereafter. If you need to reschedule, please contact our office as soon as possible.

Please do not hesitate to contact our office at (919)390-2848 or via patient portal if you have any questions or concerns during your recovery. We are here to support you every step of the way!