

## QUEENSLAND BARIATRICS

SUITE 93, LEVEL 5  
SANDFORD JACKSON BUILDING  
30 CHASELY STREET  
AUCHENFLOWER Q 4066  
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## BARIATRIC SURGERY POST SURGERY INFORMATION

### DIET

YOU WOULD HAVE SEEN A DIETITIAN AND SHOULD HAVE A DETAILED PLAN OF WHAT YOU HAVE TO DO FOR THE NEXT MONTH.

#### FIRST TWO WEEKS:

FLUIDS ONLY DIET, YOU MUST BE ABLE TO SIP IT THROUGH A STRAW. PROTEIN SUPPLEMENTS, THIN SOUPS AND BROTHS, DRINKING YOGURTS, FRUIT AND VEGETABLE JUICE.

#### SECOND TWO WEEKS:

PUREE PHASE. BLEND OR VITAMISE YOUR MEALS SO THERE ARE NO LUMPS.

KEEP DRINKING WATER - SIPPER BOTTLES ARE GREAT.

### WOUND CARE

DISSOLVABLE STITCHES AND STERI STRIPS WILL HAVE BEEN USED TO CLOSE YOUR WOUNDS. THE STERI STRIPS CAN ALSO COME OFF IN ABOUT 5 DAYS. WHEN AT HOME YOU CAN SHOWER NORMALLY AND SIMPLY PAT THE WOUNDS DRY. DRESSINGS DON'T GENERALLY NEED TO BE APPLIED UNLESS THERE IS AN OOZE FROM ANY OF THE WOUNDS. IF YOU NOTICE REDNESS, INFLAMMATION, A DISCHARGE OR THE AREA IS HOT TO TOUCH PLEASE CONTACT THE OFFICE OR SEE YOUR GP.

### PAIN

AFTER LAPAROSCOPIC (KEYHOLE) SURGERY YOU WILL NOTICE DISCOMFORT WHEN USING THE MUSCLES THAT THE PORT HAS BEEN ATTACHED TO E.G. GETTING OUT OF BED, WALKING, COUGHING, LAUGHING, CRYING AND EVEN GOING TO THE BATHROOM. SOME PATIENTS HAVE SHOULDER TIP PAIN AS A RESULT OF THE GAS USED DURING SURGERY. THIS USUALLY RESOLVES OVER THE FIRST THREE DAYS. SOLUBLE PARACETAMOL E.G. PANADOL TAKEN REGULARLY TWO, FOUR TIMES A DAY SHOULD CONTROL ANY DISCOMFORT. IF YOU EXPERIENCE ANY SEVERE PAIN, PLEASE CONTACT THE OFFICE OR YOUR GP.

### VOMITING

VOMITING IS NOT NORMAL. YOU MAY VOMIT IF EAT TOO QUICKY, TOO MUCH OR YOUR DON'T CHEW YOUR FOOD WELL ENOUGH.

**REMEMBER:** IF VOMITING CONTINUES STOP EATING AND GO BACK TO FLUIDS FOR 24 HOURS TO GIVE YOUR STOMACH A REST.

### MEDICATIONS

RESUME TAKING ANY MEDICATION YOU MAY BE ON THE DAY AFTER SURGERY, UNLESS OTHERWISE INSTRUCTED BY DR BOWDEN. YOU MAY FIND IT EASIER TO BREAK UP LARGE TABLETS.

### HUNGER

HUNGER IS THE ENEMY! IN THE FIRST FOUR WEEKS THE MAIN AIM IS TO AVOID VOMITING. OFTEN PATIENTS NOTICE THAT IN THE FIRST MONTH AFTER SURGERY THEY ARE STILL HUNGRY. **DON'T PANIC!**, FOR GASTRIC BAND PATIENTS, THE SOFT FOOD AND LIQUIDS DOESN'T ALLOW THE BAND TO HELP YOU FEEL FULL AFTER A SMALL PORTION SIZE. ONCE THE BAND IS ADJUSTED IT WILL HELP IN MAKING YOU FEEL FULL.

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### GASTRIC BAND ADJUSTMENTS

THE BAND HAS ITS FIRST ADJUSTMENT ONE MONTH AFTER SURGERY. THIS IS A SIMPLE PROCEDURE PERFORMED IN THE ROOMS BY EITHER DR BOWDEN OR DR DUNCOMBE. YOU WILL NOT NEED TO CHANGE BUT YOU WILL NEED TO BE ABLE TO EXPOSE YOUR STOMACH SO YOUR 'PORT SITE' IS ACCESSIBLE.

**REMEMBER:** DO NOT EAT ANYTHING (DRINKING IS FINE) TWO HOURS PRIOR TO YOUR ADJUSTMENT AND ONLY HAVE FLUIDS FOR 24/48 HOURS AFTER THAT ADJUSTMENT.

### FOLLOW UP VISITS

IF A POST OP APPOINTMENT HAS NOT ALREADY BEEN MADE FOR YOU, PLEASE RING THE ROOMS (PH: 3371 4333) AND MAKE AN APPOINTMENT TO SEE DR BOWDEN FOR 2/3 WEEKS POST SURGERY - PLEASE RING AS SOON AS POSSIBLE WHEN YOU GET HOME TO MAKE THIS APPOINTMENT.

REGULAR FOLLOW UPS ARE AN INTERGRAL PART FOR SUCCESSFUL BARIATRIC SURGERY. AT THESE FOLLOW UPS WE CAN MONITOR YOUR WEIGHT LOSS, ADJUST YOUR LAP BAND (IF YOU HAVE ONE AND IF NEED BE), DISCUSS ANY PROBLEMS OR CONCERNS YOU MAY BE EXPERIENCING AS WELL AS CONGRATULATE YOU ON YOUR SUCCESS.

IT IS IMPORTANT THAT YOU HAVE AN APPOINTMENT WITH ONE OF THE DESIGNATED PSYCHOLOGISTS AND DIETITIANS PRIOR TO SURGERY AND THEY WILL SCHEDULE YOUR FOLLOW UP APPOINTMENTS TO SEE THEM POST OPERATIVELY. WE DO RECOMMEND THESE FOLLOW UP APPOINTMENTS BUT ANY FURTHER ONES WOULD BE AT YOUR DISCRETION. OF COURSE IF YOU ARE HAVING PROBLEMS, NOT LOSING WEIGHT, HUNGRY OR UNWELL PLEASE DO NOT HESITATE TO PHONE THE ROOMS FOR AN APPOINTMENT.

IF YOU ARE FROM OUT OF TOWN, WE WANT TO KEEP IN TOUCH. WE CONDUCT CLINICS AT THE FOLLOWING LOCATIONS:

WESLEY	PH: 3371 4333	(SUITE 93, LEVEL 5, SANDFORD JACKSON BUILDING, WESLEY HOSPITAL)
STAFFORD	PH: 3352 6332	(STAFFORD CITY DOCTORS, STAFFORD CITY SHOPPING CENTRE, 400 STAFFORD ROAD)
LOGAN:	PH: 3806 0077	(LOGANHOLME FAMILY MEDICAL PRACTICE, SHOP 206, LOGAN HYPERDOME, LOGANHOLME)
TOOWOOMBA:	PH: 3371 4333	(SHIELDAIG MEDICAL, THE RANGE SHOPPING CENTRE, 11 JAMES STREET, TOOWOOMBA)
CAIRNS:	PH: 3371 4333	(DR NITA LINGS' ROOMS, FULTON HOUSE, 259 MCLEOD STREET, CAIRNS)
NOOSA:	PH: 3371 4333	(NOOSA PRIVATE HOSPITAL, 111 GOODCHAP STREET, NOOSA)
SUNNYBANK:	PH: 3345 6667	(SUITE 9; MCCULLOUGH CENTRE; 259 MCCULLOUGH STREET, SUNNYBANK)

APPOINTMENTS CAN BE MADE ON THE ABOVE TELEPHONE NUMBERS.

**IF YOU ARE A GASTRIC BAND PATIENT AND EXPERIENCE ANY PROBLEMS OR SIMPLY NEED REASSURANCE JUST CALL OUR 24 HOUR EMERGENCY NUMBER ON 0412 027 890.**

IF PROBLEMS DO ARISE YOU MAY NEED TO RETURN TO BRISBANE FOR CONSULTATION WITH DR BOWDEN.

### NUMBERS TO REMEMBER

APPOINTMENTS FOR DR'S BOWDEN, DUNCOMBE, BRUCE OR NURSE: 07 3371 4333 OR 07 3371 9521  
24 HOUR ON CALL EMERGENCY NUMBER: 0412 027 890

### KEYS TO SUCCESS

**CHEW, CHEW, CHEW  
SLOW, SLOW, SLOW  
FOLLOW UP, FOLLOW UP, FOLLOW UP**