

# BARIATRIC SURGERY HELP SHEET

## WOUND DRESSINGS

YOUR DRESSINGS ARE WATERPROOF AND CAN BE WASHED OVER IN THE SHOWER, THEN PAT DRY. DRESSINGS SHOULD STAY ON FOR THREE TO FIVE DAYS AFTER YOUR OPERATION. THERE ARE USUALLY NO STITCHES OR STAPLES THAT REQUIRE REMOVAL. PLEASE WATCH YOUR WOUNDS FOR SIGNS OF INFECTION E.G. REDNESS, SWELLING, DISCHARGE, INCREASED PAIN OR FEVERS. PLEASE NOTIFY OUR OFFICE OR YOUR GP IF YOU HAVE ANY CONCERNS.

## PAIN

PAIN AND/OR DISCOMFORT IN YOUR SHOULDER TIPS IS COMMON AFTER LAPAROSCOPIC ABDOMINAL SURGERY. HEAT PACKS, REGULAR PANADOL (NO MORE THAN 8 PER DAY), DE GAS TABLETS AND PEPPERMINT TEA ARE GREAT TOOLS TO RELIEVE THESE SYMPTOMS. YOUR NURSE WILL ARRANGE FOR POST OPERATIVE PAIN RELIEF. THE MEDICATION PRESCRIBED WILL DEPEND ON YOUR DOCTORS INSTRUCTIONS. **IT IS VERY COMMON TO NEED STRONGER PAIN MEDICATION FOR THE FIRST FIVE DAYS.**

## MEDICATIONS

PLEASE TAKE YOUR NORMAL MEDICATIONS OR AS DIRECTED BY YOUR SURGEON.

**PARIET** - ANTI REFLUX - 1 TABLET DAILY - CONTINUE TO TAKE THIS DAILY UNTIL INSTRUCTED TO STOP BY DR BOWDEN

**PANADOL/PARACETAMOL** - PAIN RELIEF - 2 TABLETS 4 TIMES A DAY - TAKE REGULARLY UNTIL MINIMAL DISCOMFORT

**NSAIDS/NUROFEN/BRUFEN** - PAIN RELIEF - 2 TABLETS 3 TIMES A DAY - CHECK WITH DR BOWDEN BEFORE TAKING

**OXYCONTIN/TARGIN/ENDONE** - STRONG PAIN RELIEF - TAKE ONLY AS DIRECTED (USUALLY 1 TABLET TWICE A DAY)

COMMON SIDE EFFECTS ARE MILD NAUSEA, CONSTIPATION (TAKE DUCOLAX OR MOVICOL) AND DROWSINESS; IT IS IMPORTANT THAT YOU DO NOT OPERATE A VEHICLE WHILST ON THESE MEDICATIONS.

**ONDANSETRON WAFERS/MAXALON** - ANTI NAUSEA - TAKE AS REQUIRED

**DUCOLAX/MOVICOL** - LAXATIVE/STOOL SOFTENER - TAKE AS REQUIRED

**BENEFIBRE** - TAKE TWO TEASPOONS TWICE A DAY

## BOWEL MOVEMENTS

WE RECOMMEND TAKING BENEFIBRE, TWO TEASPOONS TWICE A DAY, EVERY DAY.

IF YOU ARE FINDING THAT YOUR BOWELS ARE OPENING TOO FREQUENTLY AND ARE LIQUID IN FORM WE SUGGEST TAKING GASTRO-STOP OR IMODIUM ALONG WITH BENEFIBRE. GASTRO-STOP AND IMODIUM WILL HELP THE SYMPTOMS AND BENEFIBRE WILL HELP STOOLS FORM AND SHOULD MAKE YOUR BOWELS MORE NORMAL.

IF YOU FIND THAT YOU ARE CONSTIPATED WE SUGGEST HAVING PEAR OR PRUNE JUICE ALONG WITH BENEFIBRE, IF THIS DOES NOT GET THINGS MOVING A SACHET OR TWO OF MOVICOL OR DUCOLAX 2ML TWICE A DAY SHOULD DO THE TRICK. WE RECOMMEND KEEPING THE MOVICOL OR DUCOLAX 2ML GOING UNTIL YOU ARE OPENING YOUR BOWELS EVERY DAY.

## COMPRESSION STOCKINGS

YOU SHOULD CONTINUE TO WEAR THESE UNTIL YOU ARE AS MOBILE AS YOU WERE BEFORE YOUR SURGERY.

## ACTIVITY

NO HEAVY LIFTING, E.G. MORE THAN 5KG FOR TWO WEEKS POST OPERATIVELY. REMAIN ACTIVE ON DISCHARGE, WALKING SHORT DISTANCES TWICE A DAY IS ACCEPTABLE (THIS WILL ALSO ASSIST WITH ANY SHOULDER TIP PAIN). ALSO PLEASE ABSTAIN FROM ANY STRENUOUS EXERCISE FOR 3 TO 4 WEEKS OR AS ADVISED BY YOUR DOCTOR.

**NO SMOKING** AFTER SURGERY. NOT SMOKING DECREASES YOUR RISKS OF A DVT AND WITH A SLEEVE GASTRECTOMY OR GASTRIC BYPASS SURGERY IT DECREASES THE MOST FEARED, LIFE THREATENING COMPLICATION WHICH IS A LEAK.

## POST OPERATIVE DIET

**YOU SHOULD AIM FOR AT LEAST 800ML OF FLUIDS (A VARIETY OF FLUIDS) AND 50G OF PROTEIN DAILY**

### FREE FLUID PHASE - WEEKS 1 & 2

A FREE FLUID DIET IS DEFINED AS ANY LIQUIDS THAT ARE THIN ENOUGH TO DRINK THROUGH A STRAW. DURING THIS TIME IT IS IMPORTANT TO CONSUME FLUIDS THAT CONTAIN ADEQUATE AMOUNTS OF ENERGY AND PROTEIN. PROTEIN IS AN ESSENTIAL NUTRIENT FOR WOUND REPAIR AND RECOVERY.

TO REDUCE DISCOMFORT, START WITH SMALL, FREQUENT SIPS OF FLUIDS THROUGHOUT THE DAY. IT IS IMPORTANT THAT YOU DRINK REGULARLY TO AVOID DEHYDRATION. GRADUALLY INCREASE THE VOLUME OF FLUID YOU DRINK ACCORDING TO YOUR LEVEL OF COMFORT:

- START WITH 50ML EVERY 10 - 15 MINUTES
- AFTER A FEW DAYS YOU SHOULD COMFORTABLY MANAGE 125ML (1/2 CUP) EVERY 30 MINUTES
- BY THE END OF TWO WEEKS, YOU SHOULD BE ABLE TO MANAGE 250ML (1 CUP) OF FLUID AT A TIME

**ENSURE YOU CONTINUE TO TAKE YOUR DAILY MULTIVITAMIN.**

**SUITABLE FLUIDS INCLUDE (REMINDER TO CHECK SUGAR/CARBOHYDRATE LEVELS):**

PROTEIN WATER	PROTEIN SHAKES/SMOOTHIES
ENSURE	VEGETABLE JUICE
DRINKING YOGHURTS	THIN & SMOOTH SOUPS
WATER	HYDRALYTE

### **PUREE PHASE - WEEKS 3 & 4**

AFTER TWO WEEKS OF FLUIDS YOU ARE NOW ABLE TO INCREASE THE TEXTURE OF YOUR FOOD TO PUREE. FOR THE NEXT TWO WEEKS FOODS MUST BE OF A SMOOTH, LUMP FREE, PUREED TEXTURE BEFORE YOU PUT THEM IN YOUR MOUTH. DO NOT TRY FOODS OF A THICKER/HARDER TEXTURE EVEN IF YOU ARE FEELING WELL AS THIS MAY CAUSE POTENTIAL DAMAGE OR CAUSE UNWANTED SYMPTOMS.

- USE A BLENDER TO ENSURE ALL YOUR MEALS ARE A SMOOTH PUREED CONSISTENCY.
- THE AMOUNT OF FOOD YOU WILL BE EATING WILL BE SMALL, AIM FOR HALF A CUP (125ML) PORTIONS AT EACH MEAL. START WITH 4 TO 6 MEALS PER DAY THEN GRADUALLY INCREASE THE NUMBER OF MEALS PER DAY ACCORDING TO YOUR HUNGER.
- SEPARATE LIQUIDS FROM MEALS TO ALLOW GREATEST SATIETY FROM YOUR MEALS. STOP DRINKING 10 TO 15 MINUTES BEFORE YOU EAT AND WAIT FOR 10 TO 15 MINUTES AFTER YOUR MEALS BEFORE YOU HAVE ANY FLUIDS.
- EAT SLOWLY AND CHEW WELL. AIM TO TAKE 15 TO 20 MINUTES TO EAT YOUR MEAL. IF YOU EAT TOO QUICKLY YOU MAY EXPERIENCE PAIN, DISCOMFORT AND/OR VOMITING.

**ENSURE YOU CONTINUE TO TAKE YOUR DAILY MULTIVITAMIN.**

**SUITABLE PUREE FOODS (I.E. PUREE WITH A BLENDER IF REQUIRED)**

WEETBIX OR PORRIDGE WITH MILK	BLENDED MEATY SOUP OR CASSEROLE
MASHED BAKED BEANS	RICOTTA/COTTAGE CHEESE WITH SPREADABLE TUNA
LIGHT & FLUFFY SCRAMBLED EGGS	SPAGHETTI BOLOGNAISE MINCE

### **MINCE / SOFT FOOD PHASE - WEEKS 5 & 6**

THE TEXTURE OF YOUR FOOD FOR THE NEXT TWO WEEKS SHOULD BE FOODS THAT ARE SOFT OR WELL-COOKED IN GRAVY OR SAUCE TO MOISTEN. FOODS SHOULD BREAK EASILY INTO SMALL BITE SIZE PIECES USING A FORK.

EAT SLOWLY AND CONTINUE TO CHEW WELL. IT MAY TAKE 20 TO 30 MINUTES TO FINISH A SMALL MEAL. EAT NO MORE THAN 250ML (1 CUP) OF FOOD AT A TIME TO AS TO NOT THE PUSH THE LIMITS OF YOUR NEW STOMACH POST SURGERY. EAT 4 TO 5 TIMES A DAY; INCLUDE 3 SMALL MEALS AND 1 TO 2 SNACKS.

IF YOU HAVE TROUBLE EATING A CERTAIN FOOD AT FIRST, STOP EATING IT AND TRY AGAIN IN A WEEK OR SO. SEPARATE LIQUIDS FROM MEALS TO ALLOW GREATEST SATIETY FROM YOUR MEALS.

**ENSURE YOU CONTINUE TO TAKE YOUR DAILY MULTIVITAMIN.**

**GRADUALLY INTRODUCE THE FOLLOWING:**

FRUIT - SOFT BANANA, PAWPAW, TIN FRUIT	VEGETABLES - MASHED POTATO, SWEET POTATO & BROCOLLI
BREADS/CEREAL - WEETBIX SOFTENED WITH MILK	DAIRY - MILK, YOGHURT, CHEESE & CUSTARD
MEAT - MINCED OR STEWED MEAT, CASSEROLES	PROTEINS - POACHED EGGS & STEAMED FISH