Discharge Instructions After Weight Loss Surgery

Self-care and nutrition

This handout gives instructions to follow at home after your weight loss surgery. It includes sections on self-care and when to call the nurse.

Nutrition

You will meet with a dietitian before you leave the hospital (discharge) to talk about your diet and supplements. After discharge:

- Follow the **blended/pureed diet** until your first follow-up clinic visit with your surgeon.
- You will need to take these chewable vitamins. You can use crushed or liquid vitamins instead of chewable:
  - Multivitamin with iron, 1 time a day
  - Calcium, 500 mg with vitamin D, 3 times a day
  - Vitamin D3, 2,000 IU, 1 time a day

Physical Therapy

Before discharge, a physical therapist will check to make sure you:

- Can get in and out of bed
- Can walk 150 to 200 feet, either with or without a device (cane or walker)
- Can walk up and down steps (if you have stairs at home)
- Have someone at home to help you while you recover from your surgery

Follow-up Visits

**Your first follow-up visit with your surgeon will be 2 weeks after surgery.** At this visit, you will have a blood draw to check your **platelet** levels. Platelets are small blood cells that help your blood clot and stop bleeding.
Please go to the lab for your blood draw 30 minutes before your follow-up visit. The lab will already have your lab slip for this test.

You will need to have a blood test before all of your follow-up visits at the Weight Loss Management Center, except at the 6-week visit.

Self-care at Home

- Check your incision(s) every day for signs of infection. (See “When to Call the Nurse” below for a list of these signs.)
- Deep breathing and coughing will help keep your lungs clear and help prevent colds and pneumonia. For 1 week after being discharged from the hospital:
  - Take 8 to 10 deep breaths every hour during the day.
  - Cough often to bring up any mucus. Press a pillow over your abdomen when you cough to make coughing more comfortable and to protect your incision(s).
- When your doctor says you can eat solid foods, take your pain medicine with food to help prevent nausea or vomiting.

When to Call the Nurse

Call the clinic nurse at 206.598.2274 if you have:

- A fever that is higher than 100.5°F (38°C)
- Chills
- Nausea
- Vomiting
- Constipation
- Signs of infection at your incision:
  - Redness
  - Pus or drainage
  - Increased swelling or tenderness
  - Opening of the incision

Appointments

To schedule an appointment, please call the Weight Loss Management Center at 206.598.2274.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Weekdays, 8 a.m. to 5 p.m., call the clinic nurse at 206.598.2274.

After hours and on holidays and weekends, call 206.598.6190 and ask for the Bariatric Care Provider or Surgery Resident on call.

UWMC Pharmacist:
206.598.6089