Questions?

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206-598-4549.

After hours and on weekends and holidays, call 206-598-6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your surgeon to be paged:

Dr. ________________

Laparoscopic Adjustable Gastric Band Placement

What to expect and how to prepare for your operation

This booklet explains what to expect, how to prepare for your operation, and how to plan for your recovery.
How to Prepare for Your Operation

Things to Remember

- **Aspirin and other medicines:** Do not take any aspirin or other products that affect blood clotting for 1 week before your operation. Two of these are ibuprofen (Advil, Motrin) and naprosyn (Aleve, Naproxen). See attached sheet for more information.

- **Shaving:** Do not shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do not shave that area for 2 days (48 hours) before your surgery.

- **Going home:** You cannot drive yourself or take a taxi or bus home alone from the hospital. Have an adult drive you home from the hospital and stay with you the first night.

First Follow-up Visit

Two weeks after your operation, you will have an appointment with your doctor and a registered dietitian.

Call the Nurse Advice Line or Your Doctor If You Have:

- Bleeding or drainage that soaks your dressing
- A fever higher than 100.5°F (38°C)
- Shaking and chills
- Any sign of infection in your incision:
  - Redness
  - Increasing pain
  - Swelling
  - Foul-smelling drainage
  - A change in the type or amount of drainage
- Nausea and/or vomiting
- Yellow, or *jaundiced*, skin
- Concerns that cannot wait until your follow-up visit
Medicines
Take your medicines as directed. All medicines must be crushed, chewed, or taken in liquid form for 2 to 4 weeks after your laparoscopic adjustable band placement.

Constipation
If you are taking narcotic pain medicines, you may become constipated. You may need to take a laxative to avoid straining during bowel movements. You should only need to avoid straining during the first 2 to 3 weeks of your recovery period.

Activity to Improve Your Recovery
You may do any activities that are comfortable. Begin a light exercise program and walk several times a day. You can begin to swim 2 weeks after your operation if your incisions are completely healed.

Showering
You may shower every day, but keep your incisions dry for the first 48 hours after surgery. Do not soak in a bath tub, hot tub, or go swimming for 2 weeks after your operation.

Diet
You will be on a liquid diet for 2 weeks after your surgery.

24 Hours Before Your Operation
- **Take 2 showers:** Take 1 shower the night before, and a second shower the morning of your operation. Use the antibacterial soap your nurse gave you to wash your body.
  Do not use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair. Use clean towels to dry off, and put on clean clothing.

- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.
  The pre-surgery nurse will tell you when to come to the hospital and will remind you:
  - Not to eat or drink after a certain time
  - Which of your regular medicines to take or not take
  - To sip only enough water to swallow your pills
  - **Heating blanket:** To reduce your risk of infection, you will be covered with a heating blanket to warm your body while you wait to go into the operating room. Ask for a heating blanket if you do not receive one.
The Day of Your Operation

- Wear comfortable, loose-fitting clothes.
- Do not wear jewelry, nail polish, or make-up. You will be asked to remove dentures and contact lenses.
- Do not bring any valuables with you.
- Bring enough money to pay for discharge medicine. Or, plan for a family member to bring money to pay for these.

What to Expect After Your Operation

Going Home
You will be going home in the evening on the day of your operation, or the next morning. You will need a ride home.

Precautions and Self-Care to Speed Your Recovery

Medicine given during and after your operation will affect you. For 24 hours after your surgery, do not:

- Drive or travel alone
- Use machines
- Drink alcoholic beverages
- Sign any legal papers
- Be responsible for the care of another person

Incision Care

- Keep your incisions dry for 48 hours.
- For the first 24 hours, you may apply an ice pack to your incisions for 10 minutes at a time. Wrap the ice in a clean towel or cloth. Do not apply it directly to your skin.
- If you have gauze dressings (bandages) over your incisions, tape plastic wrap over them to keep them dry when you shower.
- If you have plastic dressings covering your incisions, you may shower without covering them. But, if your plastic dressings become loose, tape plastic wrap over them.
- Remove your dressing in 48 hours. Your incisions will be covered by white tapes called Steri-Strips. These tapes will fall off on their own in several days.
- Look at your incisions every day for any of the signs of infection listed on page 7 of this handout. Call the Nurse Advice Line or your doctor if you have any sign of infection. The phone numbers to call are on the last page.

Pain Management

For several weeks after your operation, you may have pain or a feeling of pulling at the incision site. Use this as a guide for limiting your activities. See page 6 of this handout for activity guidelines.