

Discharge Instructions After Weight Loss Surgery

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 (are discharged) to talk about your diet.
- After discharge, follow the instructions you received for a **blended/pureed diet** until your first follow-up clinic visit with your surgeon.

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



A physical therapist will meet with you before you leave the hospital.

Follow-up Visits

Your first follow-up visit with your surgeon will be **2 weeks after surgery**.

Blood Draws

You will need to have a blood draw **before** all of your follow-up visits.

Please go to the lab 30 minutes before your follow-up visit. Stop at the lab in the Roosevelt 2 (North) building ½ hour before your appointment at the Weight Loss Clinic in Roosevelt 1 (South) building. Orders for lab work will be waiting there for you.

Here are the blood tests that will be done at each follow-up visit:

- **2-week visit:** We will check your platelets to make sure your blood is at the correct level while you are using the blood-thinner Lovenox.

- **6-week visit:** You do **not** need to stop at the lab before this visit. This is the only visit that does not include a blood draw.
- **3-month visit:** CBC, albumin, vitamin D
- **6-month visit:** CBC, CMP
- **9-month visit:** CBC, albumin
- **12-month visit and yearly:** CMP, CBC, vitamin D, plus HgA1c for people with diabetes

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 leaving 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. This will make coughing more comfortable and protect your incision(s).

When to Call the Nurse

Call the clinic nurse at 206.598.2274 if you have:

- A fever that is higher than 101°F (38.3°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 healthcare 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.

For questions about your prescription medicines, call the UWMC Pharmacist at 206.598.6089.