

Support Group

Your support group can also be of great assistance. We offer a monthly support group at our hospital. Contact our office or visit our website for the most up-to-date times and locations.

Post-Operative Check Ups

You should receive post operative check-ups in your surgeon's office at two weeks. Follow up care is a vital part of remaining on track and staying accountable.

Important Numbers:

Dr. Michael W. Blaney 706-738-3359
Trinity Bariatric and Weight Loss Center 706-481-7298
(Bariatric Coordinator/Patient Advocate)



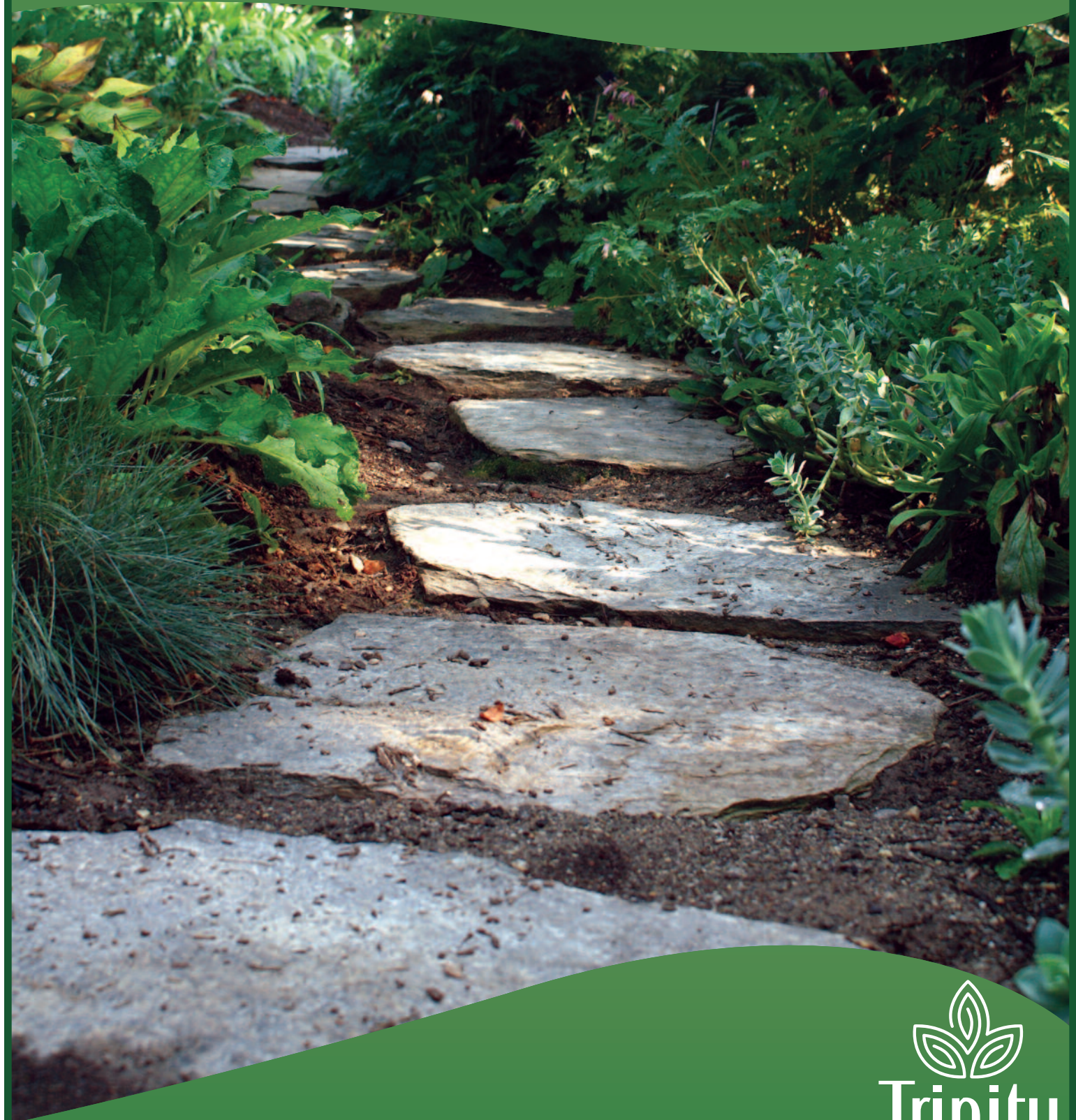
Trinity
HOSPITAL of AUGUSTA
BARIATRIC AND
WEIGHT LOSS CENTER

For more information about our Bariatric and Weight Loss Center,
call Trinity Hospital of Augusta at 706-481-7298 or visit
www.trinityofaugusta.com

1500 Johns Road, Suites 2&3
Augusta, GA 30904

The Next Step

Information • Knowledge • Support



A guide for after your surgery



Trinity
HOSPITAL of AUGUSTA
BARIATRIC AND
WEIGHT LOSS CENTER

Congratulations on taking steps to improve your health! Weight loss surgery is only a tool to help you lose the weight. Now that you are home after your surgery, the work doesn't end. That's why we want you to know you are not alone. Your surgeon and the staff at Trinity Bariatric and Weight Loss Center are here for you, and you can call the team that cared for you throughout the surgery process at any time.

Your First Days Home

If any of the following occur, please call your surgeon immediately:

- Bright red bleeding from your incision sites
- Pain in your legs (sore or hot to the touch)
- Shortness of breath, difficulty breathing
- Rapid pulse
- Continual nausea or vomiting
- Fever
- Unexplained pain
- Urinating infrequently

If your symptoms are severe, please call 911. If you are attended by emergency medical personnel or at the Emergency Department of a hospital, it is important to inform them of your recent surgery and the need to contact your surgeon immediately. If you are out of town or traveling and need medical help, please have the medical personnel contact your surgeon.



Incision Care

Your incisions will look bruised and slightly red for several days, and there may be some drainage. This is normal. After several days, the tape over these incisions will begin to peel off at the edges, and in about two weeks, you can work them off in the shower.

Showering is okay as soon as you are home; in fact, it will make you feel better. Please do not let the water beat down on your incisions. Be sure to dry your incisions very carefully and completely. However, if at any time these areas become more painful, have increased drainage or bleeding, look more reddened or feel hot, please call your surgeon immediately.

Your Nutritional Plan

Your nutritional plan is a critical part of your success and needs to be followed very carefully. Your specific plan will vary according to which surgical procedure you have had. Generally, your diet will progress in phrases over a several week period.

- Stage 1 – Liquids
- Stage 2 – Full liquids
- Stage 3 – Soft foods
- Stage 4 – Solid foods

Some general tips include:

- Sip water or sugar-free liquid (such as Crystal Light) as often as possible between meals.
- Use fat-free milk in place of some of the day's water to help increase your protein intake while you are on liquids only.
- Avoid alcoholic beverages.
- Very hot or very cold liquids may not be well tolerated, so avoid extremes in temperature.
- Stick with the food stages that have been recommended by the dietitian.
- Make sure you get protein in some form; find a protein drink you enjoy.
- Eat small bites and chew them well.

You may not feel hungry or interested in eating during this time, but it is very important to maintain the prescribed routine. Just take it very slowly, and stop drinking or eating when you feel full.

Vitamins and Minerals

After a gastric bypass, patients need daily vitamin supplements. Your surgeon will decide which supplements

are right for you. In general, these supplements start after your first post-operative visit and include a chewable multivitamin, chewable calcium and a multi-B Complex daily. After having gastric banding, it is also important to take a multivitamin.

Medications

Before taking any medication, including over-the-counter products, it is important to get approval from your surgeon. Your surgeon will go over the medications you need to continue at the time of discharge. Over time, your pain will lessen. acetaminophen is often the best choice for relief of pain or discomfort.

Emotions

Emotions can be like a rollercoaster over the next several months. You may have times you want to cry or feel frustration over the loss of food. You may not even know why you feel frustrated. These emotions are all normal. It is important to make sure you maintain your normal daily activities. If you find you are having a hard time, you may want to consider speaking with a psychologist for additional help through the rough spots.

Physical Activity

Your first few days home will be tiring and you should rest frequently. You don't want to overdo your activity. Take one day at a time and add new activities when you feel up to it.

Avoid a tub bath, Jacuzzi bathing and swimming until all of your incision sites have completely healed.

Driving should be limited for a short period of time after your procedure. Check with your surgeon at your first office check-up to find out when you can resume driving.

Sexual relations may resume as soon as you feel able.

Exercise Plan

An exercise plan needs to be continued or started. After several weeks, your exercise plan may be increased. It would be best to talk with your surgeon about what exercises might be right for you during each stage. Take it step by step for best results. Practice range-of-motion exercises while you are sitting. It is important to walk as much as possible; this can help decrease the risk of blood clots.



Take care not to become dehydrated, especially during warmer weather. It may seem like you are drinking all day long, but it is important to drink as much liquid as possible. Carry a bottle of water with you when you walk and wear comfortable lightweight clothing and shoes with support. Consider listening to music while walking or have someone to walk with for company and to keep you motivated.

Other "activities" you may want to include during your post-operative period:

- Wash the dishes rather than using the dishwasher.
- Lose the remote. Get up to change the channel.
- Walk during your lunch or coffee break.
- Take the stairs when you can.
- Wash your car.
- Park in the last row and walk to your destination.

For Women Only

Your menstrual cycle may be irregular. Caution must be taken to avoid pregnancy for a minimum of two (2) years after your bariatric surgery. Consider becoming pregnant only after consultation with your physician. make sure you use some reliable form of contraception.

Hair

During the first three months, you may experience thinning of your hair. This is quite common and only temporary. A good way to minimize hair thinning is to stick to your diet plan, including protein, and your vitamin/mineral schedule.