

LAPAROSCOPIC ADJUSTABLE GASTRIC BAND DISCHARGE INSTRUCTIONS

When you are discharged from the hospital it is important to have help at home. We suggest that a family member or friend stay with you for the first day or two.

If you have any questions or concerns while at home, you can always call Dr. Monash's office at (520) 319-6000. After 5:00 pm and on the weekend, calls will transfer directly to the answering service. Dr. Monash will be contacted regarding your questions and/or concerns.

When to Call the Surgeon

- Persistent nausea or vomiting lasting more than 4 to 6 hours, which prevents the intake of any fluids
- Post operative pain not relieved by the pain medication
- Fever greater than 101 degrees F
- Development of foul smelling drainage at staple or wound sites
- If there are any changes in your recovery that concern you, call

Wound Care

- Shower daily beginning the day after surgery
- Let soap and water run over the incisions, scrub VERY gently, and pat dry
- Do not submerge the incisions for two weeks (bathtub, swimming etc)
- Do not apply lotions, creams, or salves to the wound sites
- Notify your surgeon if the wounds become red and swollen, or develop a foul smelling drainage

Activity

- You must walk at least four times daily; stop when you become fatigued
- Increase your activity a little bit each day
- Do not drive a motorized vehicle until you are off of the prescribed narcotic pain medication for at least 24 hours
- You may walk up and down stairs
- Do not lift anything greater than 15 pounds until you have your first post-operative visit
- No strenuous activity for four weeks

Bowel Function

It is not imperative that you have a bowel movement before leaving the hospital. If you are having difficulty at home, over the counter Milk of Magnesia, Colace or similar stool softeners work well to combat the constipating effect of narcotic pain medications.

Many patients experience increased gas following gastric banding procedures (from both above and below!). These symptoms will pass, however, it is safe to take medications such as Gas-X® or Beano® one week following surgery.

Medication

Take any medications by mouth, one pill at a time, and allow time for each to pass

Standard Discharge Medication

- **Vicodin** - 1 to 2 pills every 6 hours; take only as needed for operative pain relief. If you do not have pain, do not take Vicodin. If you have mild pain or discomfort you may take Tylenol, 650 mg every 6 hours as needed. If you were taking a narcotic for other pain prior to surgery, please call your primary care provider for pain medication adjustment.
- **Vitamin supplement** - 2 chewable multiple vitamins every day until the Regular Diet Stage. Flintstones chewable with minerals are recommended.

Pre-operative Medication

- You are instructed to resume your pre-operative medications. **Arrange an appointment with your primary care provider soon after hospital discharge to review these medications.**

Diet

Please refer to the dietary instructions given in your Bariatric Booklet for details.

- Always drink slowly to avoid discomfort or vomiting. Start with 30 mL (one ounce) every 15 minutes. Increase the amount as tolerated.
- Stop drinking when you feel full. Allow 10 to 15 minutes for your stomach to empty.
- Your goal is NO LESS THAN 60 grams of protein every day. Aim for 80 grams if possible.
- KEEP HYDRATED. Water intake **must** total at least 8 cups (64 ounces) every day. Aim for 64 ounces of water per day (it's not easy, but it will help!)

Follow-Up

Call the office (520) 319-6000 to schedule an appointment for 10 to 14 days following your discharge. The first band-fill will take place at least 4 weeks from your date of surgery in order to allow for appropriate healing before manipulation. The next appointments will be every two to four weeks as your Band is adjusted appropriately for safe, maximal weight loss.