

Guidelines for Success: First month after surgery

Important: Call the office if you are experiencing any of the following:

- Increasing abdominal pain

- Diarrhea, more than six episodes a day

- Surgical incisions become increasingly red surrounding the incision or have foul drainage

Personal Care

Constipation

Constipation is common after bariatric surgery. This can be due to iron supplements, pain medication, decreased fluid and decreased fiber intake. If you experience constipation:

Increase your fluid intake

Continue with Miralax and Colace twice a day

If you are still not moving your bowels at your normal pre-surgery frequency, you can increase the Miralax to three times a day for one day.

If you do not have results after this, you may use one of the following. Please follow package instructions:

Milk of Magnesia

Magnesium citrate

Dulcolax pills or suppository

Fleet enema

Skin Care

If you have glue on your incisions, this will fall off on its own. Steri-Strip bandages may have been applied. You may shower with them on. Pat dry after showering. They will eventually dry up and the ends will begin to curl. This may take up to 5 days. You may then begin to take them off.

Do not apply any lotions or antibiotic cream to your incisions.

Do not cover your incisions with Band-Aids unless they are draining or rubbing against your clothing.

Showers only. NO swimming, baths or hot tubs until your incisions have healed and any scabs have fallen off.

Smoking

NO SMOKING! Smoking increases your risk of gastritis or ulcers in your pouch.

Birth Control

Weight loss can increase fertility. You must wait at least 1 month after surgery to use birth control pills. In the interim, all females of childbearing years who are sexually active must either refrain or use a condom as a form of birth control. We strongly recommend that you DO NOT BECOME PREGNANT until 2 years after your surgery. It has been shown that women who had absent or irregular periods before surgery are likely to begin regular cycles and ovulation with weight loss. If you were not able to get pregnant before surgery this can change with weight loss.

Lifestyle Changes

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Office Visit Schedule

7-10 days post-op	This visit will be with a provider. Labs will be drawn at this visit.
4-6 weeks post-op	This visit will be with the dietitian and will be held via Zoom. No labs will be drawn at this visit. Please keep a food journal for one week prior to your visit so that you may review this with the dietitian.
2-3 months post-op	This visit will be with a provider. Labs will be drawn at this visit.
6 months post-op	This visit will be with a provider. Labs will be drawn at this visit.
1 year post-op	This visit will be with a provider. Labs will be drawn at this visit.
Annuals	This visit will be with a provider. Labs will be drawn at this visit.

Research shows that patients who consistently follow up with visits to their surgeon's office maintain a higher percentage of weight loss.

Lab Results

You will receive a MyChart message or a letter from this office if your labs are abnormal and require any adjustment to your vitamins/supplements. If your labs are all within normal limits you will not receive a message or a letter.

We will check the following labs at each visit:

- CBC
- Chemistry
- Vitamin D
- Iron
- Ferritin
- B12
- Folate
- PTH

MyChart Portal:

You may access your health information through MyChart at mychart.urmc.edu
If you do not have a MyChart account, click on the button "I don't have a code" under "Sign Up"