

Guidelines for Success:

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

Increasing abdominal pain

Diarrhea accompanied by fever and abdominal pain

Nausea/vomiting and unable to consume the recommended foods and fluid

Call 911 or go to the emergency room if you are experiencing a life threatening condition. If you have non-life threatening concerns, please call the office at 585-341-0366.

Bariatric Medications/Vitamins Guide

DO NOT TAKE NSAIDS (Non-Steroidal Anti-Inflammatory Drugs) For example ibuprofen, naproxen, Motrin[®], Advil[®], Aleve[®], Celebrex[®] and Mobic[®]. These medications will increase your risk of ulcer formation and GI bleeding.

Diet and Exercise

Hydration

It is important that you drink 64 ounces of fluid each day. Not getting the recommended daily fluid intake can cause nausea, headaches, decreased energy levels and constipation.

Diet – Soft Meal Plan

You are gradually increasing the texture and variety of foods as you heal from surgery.
Prepare foods to be moist

Exercise

You should continue to increase your physical activity.

Work your way up gradually to 30 minutes per day of exercise, 5 days per week.

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



