After Bariatric Surgery
Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.
Your Care in the Hospital

Welcome to 10 East Doan. We are pleased that you have chosen the Wexner Medical Center for your surgery. Please share this information with your family and caregivers who will provide support during your hospital stay or when recovering at home. This is what you can expect throughout your stay.

Day of surgery
Our team will check on you often:
• Take your vital signs.
• Check incisions.
• Ask you about pain and nausea.
We will work with you to control your pain and nausea. Tell us about your pain, positioning and nausea, so we can help you to rest comfortably.
After surgery, you may have ice chips and mouth swabs to reduce dry mouth or a sore throat. You may start a clear liquid diet today.
We will also get you up into a chair or do some walking if you are able. While you are in bed or in the chair, compression devices will be on your legs. This is to prevent blood clots from forming.

Day after surgery
To help you heal and get ready for discharge (leaving the hospital), and prevent problems after surgery, we will focus on:
• Controlling your pain and nausea.
• Deep breathing exercises. Every hour you are awake use the incentive spirometer 10 times.
• Starting your full liquid diet as soon as you are able. Try to have 1 ounce of a product every 10 minutes from the full liquid diet. Your body needs fluids and nutrition to heal. The goal is to get water and protein into your body to help you heal.
• Getting you out of bed and walking at least 3 to 5 times today. We will help you to walk safely until you feel comfortable on your own or with your loved one.
• Wearing your compression devices.
• Medicines as part of your care.
If you are progressing well, you may be discharged. Most patients go home on Day 2.
Day 2 after surgery
You will likely go home, based on your recovery. We will check your progress and ability to meet these goals:
- Pain and nausea are controlled by oral medicines (taken by mouth).
- You are free of oxygen support.
- You can drink enough liquids to be hydrated.
- You are able to walk the halls safely by yourself and without staff support.
- You are able to use the bathroom.

What is normal after surgery?
These are some of the common experiences after this type of surgery. You may:
- Need some oxygen after surgery.
- Wear your CPAP when you sleep to help with your oxygen levels.
- Have pain on the right side of your abdomen. This pain is related to the largest incision.
- Have pain in your left shoulder. This is from carbon dioxide used during surgery.
- Have mild nausea from surgery or anesthesia.
- Have fluid from the incision. The fluid color may be yellow or yellow-red.
- Feel full after a very small amount of food or liquid.
- Have the need to pass gas.

If you have a bad back, let us know if you would be more comfortable resting in a chair.

Preparing to leave the hospital
This is a general plan of care. You will receive specific instructions for your needs:

Prescriptions will be given for:
- Pain control, such as medicines to reduce inflammation, medicines to reduce nerve pain, or narcotic pain medicine if needed.
- Nausea control medicine.
- Long-acting anti-heartburn or reflux medicine.
- Stool softener to reduce strain with bowel movements.

Medicine safety
- If you take insulin, contact the doctor who prescribes this medicine because your dose will likely need adjusted.
- Avoid non-essential medicines during the early stage of recovery. Talk with your doctor about medicines you take.
- Avoid aspirin and non-steroid anti-inflammatory drugs (NSAIDs) as these can increase your risk of bleeding after surgery. If you have been prescribed these medicines, talk with your doctor to see if they should be continued.

Remember:
Drink at least small sips of liquid every 10 minutes.
• **Crush all medicines.** We will review your list of medicines to ensure that everything prescribed can be crushed.

• If you are not able to tolerate some medicines, tell your health care team.

**Diet and nutrition**

• Increase protein to 60 to 80 grams per day.

• Drink at least 32 to 48 ounces of water or a sugar-free fluid each day. Slowly increase your intake to 64 ounces.

• **Take 2 chalky chewable multivitamins fortified with iron each day,** such as Flintstone Complete or a similar store brand. **Avoid gummy vitamins** until your diet has progressed.

• Avoid caffeine until allowed by doctor.

• Stay on a **full liquid/thinned pureed (Step 2) diet** at least until your follow up visit, 2 weeks after surgery:
  ‣ A **full liquid/thinned pureed diet** only has foods that are thin like applesauce. If you are not sure if the food is thin enough, **use a funnel** with a small drain end to check. If the food drains easily through a funnel, you can eat it.
  ‣ If you have questions about what products can be used while on a full liquid diet, talk with your nurse or dietitian.
  ‣ **Sleeve patients** stay on the diet for 4 weeks.
  ‣ **Bypass patients** stay on this diet for 2 weeks.

**Wound care**

• Your incision will be closed with steri-strips. They will fall off in 7 to 10 days.

• You can take a shower, but do not let the stream of water hit directly on your incisions.

• Do not soak in a bathtub, pool, or hot tub until your wounds have healed to reduce the risk of infection.

• Wear your abdominal binder when you are up during the day to help you be more comfortable.

**When to contact your doctor or a team member**

When you leave the hospital, contact your doctor or health care team member with the phone numbers provided on your **After Visit Summary.** Call if you have:

• Any new symptoms

• Pain, which is getting worse

• Chest pain

• Bleeding or large amounts of fluid leaking from incisions

• Worsening nausea, vomiting, or dry heaves

• Pain or swelling in your lower leg

• Fever

**Care coordinator**

• We will contact you on days 2, 4, and 7 after surgery.

• The charge nurse can be reached at 614-293-6421.

• You can contact the Bariatric Surgery Care Coordinator at 614-685-5872, Monday through Friday between 6 AM and 2 PM.
Home Care Highlights

Diet

- **Follow the Step 2 diet.** Eat nothing that you have to chew. “If you have to chew, it’s not Step 2!”
- Drink at least 64 ounces of fluid daily. That is about 1 ounce every 5 minutes.
- Avoid caffeine, carbonation, and high sugar drinks or foods. Limit sugar to less than 10 grams or 1 carbohydrate serving per meal.
- Get at least 60 grams of protein each day.

Activity

- **No driving and no work** until you have your follow up appointment and are cleared by your doctor.
- **Lift no more than 10 pounds for 2 to 3 weeks after surgery.** A gallon of milk weighs about 8 pounds.
- **Walk at least 5 times each day.**
- **Do not use tobacco products** and avoid being around smokers as it can slow healing.

Medicines

- **Crush all of your medicine tablets.**
- Check with your primary care doctor for any “delayed release” or “extended release” medicines you take and have them switched to a crushable form.
- Open up all of your capsule medicines.
- **Take 2 chalky, chewable, complete vitamin and mineral supplements each day,** such as Flintstone Complete or a similar store brand. Avoid gummy vitamins.
- Take acetaminophen (Tylenol) for aches and pains. Do not take NSAIDs, such as ibuprofen, Advil, Aleve, or Motrin.
Bariatric Surgery: Step 2 Diet

The Step 2 Diet consists of full liquids and blended or pureed solids. The portions are very small to help prevent vomiting. These small high protein meals will help your new stomach pouch heal.

This diet provides about 600 to 800 calories and 55 grams of protein per day. Do your best as you plan your meals, and talk to our staff if you have questions or concerns.

Warning: This diet does not have enough calories, protein, vitamins, minerals, and fiber. Only use this diet while under the supervision of your doctor for up to 4 weeks after bariatric surgery.

General guidelines

• Your meals will be only liquid or pureed. Pureed food should be the consistency of applesauce and be thin enough to flow through a funnel.

• Sip meals very slowly. Drink 4 to 6 fluid ounces or ½ to ¾ cup over 20 to 30 minutes.

• The amount you will be able to eat at one time is very small. Eat at least 6 small meals each day.

• Because you will be eating smaller amounts with your new stomach pouch, it is important to choose foods that are high in protein. Choose one item from the milk or meat group with each meal or snack. These foods are high in protein and should be eaten first. Protein helps your body heal from surgery. We recommend eating 8 servings each day from the milk or meat group or 60 to 80 grams of protein a day. Read Nutrition Facts food labels on food products to learn the protein content of foods.

• Drink at least 6, 8-ounce cups of water or other sugar free beverage each day. Drink only between meals. Sugar free beverages include: Crystal Light, V8 Diet Splash, tomato juice, V8 low sodium vegetable juice, sugar free Kool-Aid, sugar free decaf iced tea, flavored waters, sugar free popsicles, and sugar free gelatin. Do not drink for 10 minutes before meals, and wait 30 minutes after meals to drink. Avoid beverages with alcohol, caffeine, or carbonation, such as soft drinks, seltzer water and sparkling drinks.

• Take 2 chewable, complete vitamin and mineral supplements each day as directed. This will help to prevent vitamin and mineral deficiencies. Take the vitamins with a meal in which you have included some fat.

• Record everything that you eat (what and how much) for at least 3 days. Bring this with you to your next appointment. The dietitian will calculate how many calories and how much protein you are eating.

• Restaurant foods are NOT recommended for the first 2 months after surgery.
**Tips on how to puree foods**

- Cut food into small pieces.
- Place food into blender or food processor.
- Add liquid, such as broth or milk.
- Blend or puree until smooth.
- Strain foods that do not blend in a completely smooth consistency.
- Season foods to taste. You may want to avoid spicy foods (Tabasco sauce, white pepper, red pepper, etc.).

**Dumping syndrome**

You may have diarrhea, abdominal cramping, cold sweats, and light-headedness after eating. Eating too much sugar at one time, eating too much food, or eating too fast can cause these symptoms. This is called dumping syndrome. Use a sugar substitute and foods made with a sugar substitute instead of sweetened foods. Dilute fruit juice with water (½ fruit juice and ½ water). Use sugar free Kool-Aid, Crystal Light, sugar free lemonade, and products like those.

**Be sure to sip your drinks slowly.**

**Weight loss**

The following actions may slow or stop your weight loss:

- Drinking regular sweetened pop, Kool-Aid, fruit punch, and undiluted fruit juice in large amounts.
- Eating high calorie snacks, such as cookies, candy, chips, cheese puffs, snack cakes, fried foods, ice cream, milkshakes, etc.
- Eating after you feel full. A few more bites at each meal can stretch out your new stomach pouch. Also, you will be eating too many calories.
- Skipping your small meals. Some people are tempted to only eat 2 or 3 times a day. This may decrease your metabolism and slow your weight loss. It may also prevent or prolong healing and recovery.

**Planning meals**

Use foods from these groups to plan your meals.

**Milk group**

Choose 4 servings from this food group each day. Check sugar content and look for calcium fortified. These foods are good sources of protein and calcium:

- ½ cup fat free skim or 1% low-fat milk
- ½ cup Lactaid milk or soy milk
- 2 tablespoons nonfat dry milk powder
- ½ cup light yogurt (remove any pieces of fruit in yogurt)
• ½ cup pureed cottage cheese
• ½ package, Carnation Breakfast Essentials Light Start powder drink mix with ½ cup fat free skim milk
• 2 cans commercial diabetic formula or other high protein beverage
• ½ cup sugar free pudding (boxed) made with fat free skim milk
• ½ cup strained cream soup made with fat free skim milk

**Meat group**

**Choose 4 servings from this food group each day.** These foods are good sources of protein, energy, B vitamins and iron.

• ½ small jar strained baby food meat (plain)
• 1 tablespoon creamy peanut butter
• ¼ cup water-packed tuna or chicken, pureed
• ¼ cup (1 ounce) cooked pureed meat, such as beef, fish, turkey, chicken, pork, and veal
• ¼ cup (1 ounce) pureed soft tofu
• ¼ cup canned fat free or vegetarian refried beans

**Note:** A small amount of fat-free gravy or broth may be added for flavor. Mixing pureed meat with mashed potatoes or pureed soups improves the taste. Seasoning may be added.

**Vegetable group**

**Choose 1 or 2 servings from this food group each day.** These foods are good sources of vitamins, minerals, and fiber and are low in calories.

• ½ cup vegetable juice, such as tomato, carrot, and V-8 juice
• ½ small jar strained baby food
• ¼ cup pureed vegetables such as:
  › Asparagus tips
  › Beets
  › Carrots
  › Green beans
  › Greens
  › Spinach
  › Tomato sauce
  › Vegetable soup
  › Zucchini

**Fruit group**

**Choose 1 or 2 servings from this food group each day.** Avoid strained fruit desserts and junior or toddler foods. These foods are good sources of vitamins, minerals, and fiber:

• ½ cup diluted, unsweetened fruit juice with 10 grams of sugar or less
• ¼ cup pureed, unsweetened fruit
• ¼ cup canned, fruit (lite, no sugar added or 100% juice), drained, and pureed
• ¼ cup unsweetened applesauce
• ½ small jar strained baby food

**Note:** Full strength (non-diluted) fruit juice has more sugar and may cause dumping syndrome. It is important to dilute juice by mixing together ¼ cup juice and ¼ cup water.
Starch group

Choose 1 or 2 servings from this food group each day. These foods are good sources of energy, B vitamins and iron (if fortified).

- ½ cup puréed soup, any kind
- ½ cup cooked cereal, such as Cream of Wheat, Cream of Rice, oatmeal and grits
- ¼ cup puréed, starchy vegetable, such as mashed winter squash, mashed potatoes and mashed sweet potato

Fat group

Choose 2 servings from this food group each day.

- 1 teaspoon regular margarine or oil
- 2 teaspoons diet margarine
- 1 tablespoon low-fat mayonnaise or salad dressing

Sample menu

<table>
<thead>
<tr>
<th>Meal</th>
<th>Food item</th>
<th>Protein in grams (g)</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>• 2 tablespoons Cream of Wheat cooked in ½ cup fat free skim milk</td>
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<tr>
<td>Mid-morning</td>
<td>• Whey protein powder with 8 fluid ounces fat free skim milk</td>
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<tr>
<td>Lunch</td>
<td>• ¼ to ½ cup chicken broth or strained cream of chicken soup</td>
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<tr>
<td>Mid-afternoon</td>
<td>• 3 to 6 ounces light or Greek yogurt</td>
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<tr>
<td>Dinner</td>
<td>• ¼ cup puréed chili or bean soup</td>
<td>3 to 7</td>
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<tr>
<td>Evening</td>
<td>• Whey protein powder with 8 fluid ounces fat free skim milk or favorite meal replacement shake</td>
<td>30</td>
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Note:
- Stop eating when you feel full. Pay attention to your stomach.
- In between meals, you may eat sugar free popsicles, sugar free gelatin and sugar free drinks. You may also drink diluted fruit juice, vegetable juice or fat free skim milk as a part of your beverages.
Recipes

Look for liquid or puréed recipes online, such as from:

- www.unjury.com/blog/recipes/

You can use a brand of protein supplement other than Unjury® in the recipes on this site. Under "Filter by Condition", select "Weight Loss Surgery". **Select recipes that are liquid or puréed**, such as soups, puddings, applesauce, pudding pops, smoothies and chocolate peanut butter balls.
Your care coordinator will review this information with you during the follow up phone calls. We also recommend that you take this record to your follow up appointment.

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<th>Week 1 Date</th>
<th>Incentive Spirometer Goal: ________</th>
<th>Fluidsrecord amount each day Goal is to work up to 64 ounces</th>
<th>Protein Record amount each day</th>
<th>Walking At least 3 times a day Record distance</th>
<th>Comments or Questions</th>
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Comprehensive Weight Management and Bariatric Surgery
2050 Kenny Road, Suite 2500, Columbus, Ohio 43221
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