

POST OPERATIVE INSTRUCTIONS



'MINI' GASTRIC BYPASS

Diet

After the bypass, there is some swelling around the stomach. In addition, the stomach pouch is much smaller than previously. This means that the stomach will feel restricted. During the first weeks after surgery the stomach is healing along the staple lines, so don't overeat.

Drink plenty of fluids over the first week or so to prevent dehydration. If you struggle to drink a lot in one go, so you should drink small amounts frequently at first.

Start with thin fluids like water, tea/coffee, juice broths and protein drinks. The protein drinks will help your body to heal and recover from the surgery and the optifast dieting.

In the first 3 days or so, take fluids only that could be sucked through a straw, then transition to thickened fluids and purees. Try soft foods after a week.

YOU CAN EAT WHATEVER YOU WANT AFTER 2 Weeks BUT: *Only small amounts and make sure you chew it very well!*

Avoid dumping syndrome by reducing carbohydrates and avoiding drinking at the same time as eating.

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| Day 1-3 | Liquid nourishment, thin fluids | Liquids you can suck through a small straw |
| Day 3-6 | Pureed food, thick fluids | Like a thick pumpkin soup |
| Day 7-14 | Soft food | Mash/baby food |
| Day 14+ | Chewable food | Go slowly, cut food well, chew it well. Like bolognaise sauce before you swallow |

- **Don't forget to see your dietician in the post-op period.**
- **Take a multivitamin daily. Start by week 3.**
- **Take Somac or Nexium for 6 months to prevent ulcers.**
- **Plan for a relative high protein, low carb diet.**

The first 6 weeks after surgery are about healing rather than weight loss

Discomfort:

Mild discomfort after your surgery is not uncommon

For pain relief:

- Panadol, Panadeine, or other pain relief as prescribed
- Non-steroidal anti-inflammatories (eg Brufen) can also be taken if the discomfort is still troublesome. This will work together with Panadol type drugs

Call the Hospital if the pain is severe and increasing

Dressings:

You can shower straight away after surgery

The dressings are waterproof and will resist water from a shower

You should not take a bath or swim until the wounds are dry

Keep the dressings in place for 9 days

Peel the dressings off just before a shower at 9 days after surgery

There will be a little blood-stained fluid under the dressings, just rinse it off in the shower and dab dry with a clean towel

Wounds:

The wounds are closed with buried, dissolving sutures and 'steri-strips'

You do not need to have stitches removed

The paper steri-strips can be peeled off with the dressings or when they start to lift on their own

Wound infection is an uncommon complication of surgery, but might require treatment:

Contact Dr Crawford or your GP if you are worried or:

There is increasing pain, redness, smell, or discharge from the wound

Activity:

It is recommended that you have 7-14 days off work and no heavy lifting (more than a chair) for 4 weeks

You should avoid rigorous, competitive sport for 6 weeks

You can drive as soon as you can safely control the vehicle (usually a few days to a week after surgery)

PLEASE DON'T SMOKE: You can get a serious complication called stomal ulcer

Medications:

Take routine medications from the day after surgery.

Take an anti-acid treatment (like Nexium) for 6 months.

It is recommended that you start a multivitamin daily once you are eating comfortably.

Follow Up:

If you don't already have a follow up appointment, please phone the rooms and book one for 3-5 weeks' time.

Contact Numbers

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