

POST OPERATIVE INSTRUCTIONS

GASTRIC BYPASS OPERATION



Diet

After the bypass, there is some swelling around the stomach. In addition, the stomach has a much smaller volume than previously. This means that the stomach will be relatively restrictive because of the post-operative swelling. During the first weeks after surgery the stomach is healing along the staple lines. It is of utmost importance not to over pressurise the stomach. It is therefore important to slowly introduce solid food.

It is recommended that you drink plenty of fluids over the first week or so to prevent dehydration. You may struggle to drink a lot in one go, so you should drink small amounts frequently at first.

Start with simple fluids (like water) initially, and progress to Protein/Energy drinks. The protein drinks will help your body to heal and recover from the surgery and the optifast dieting.

In the first seven days or so take fluids only that could be sucked through a straw.

The next 3 weeks: gradual transition to thickened fluids and purees. In total that means only purees and thickened fluids for 4 weeks.

Then, after 4 weeks, soft foods, gradually thickening up through well cooked pasta and rice to soft solid food by the fourth week.

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

Day 1 after surgery	Sips of thin Fluid
Day 2 to Day 10	Liquid nourishment, thin fluids
Day 10 to Day 28	Pureed food, thick fluids
Week 4-6	Soft food
Week 6 +	Post phasing-in diet plan, your dietician can help you with this

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- ✓ 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:
take Panadol, Panadeine, Panadeine Forte, or Endone 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 within 12 hours after your 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 waterproof dressings in place for 1 week
Peel the dressings off just before a shower at 1 week 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)

Medications:

Take routine medications from the day after surgery
It is recommended that you start a multivitamin daily once you are eating comfortably

Follow Up:

If you have not already booked a follow up appointment, please phone the rooms and
book an appointment for 3-4 weeks' time

Contact Numbers

Dr Crawford (Newtown and Mater Rooms)	02 9565 4854
Royal Prince Alfred Hospital	02 9515 6111
The Mater Hospital	02 9900 7300

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