

POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au



POST OPERATIVE INSTRUCTIONS

SLEEVE GASTRECTOMY OPERATION



Diet

After the Sleeve Gastrectomy 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 line. It is important not to over pressurise the stomach, so you will slowly progress towards solid food.

You should drink plenty of fluids over the first week or so to prevent dehydration. Some people will be able to drink a lot in one go, but if you are unable to do this then you should drink a little frequently until you can.

Start with thin fluids including; water, tea/coffee, protein drinks juice and broths. 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 2 weeks: gradual transition to thickened fluids and purees. In total that means only fluids for the first 3 weeks.

Then, after 3 weeks, start soft foods, introducing chewable food slowly once the soft food is well tolerated.

Week 1	Liquid nourishment, thin fluids	Drinkable through a straw
Week 2 and 3	Pureed food, thick fluids	Like a thick pumpkin soup
Week 4 and 5	Soft food	Mash/Baby food (no teeth required)
Week 6+	Slowly introduce chewable food	Start easy and progress slowly

- **Don't forget to see your dietician in the post-op period.**
- **Take a chewable or dissolvable multivitamin daily.**
- **You may not have a bowel motion for a few days, you can take soluble fibre or prune juice to help. Laxatives may be required occasionally.**

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 as soon as you like 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 9 days
Peel the dressings off just before a shower 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)

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

bariatricsurgeon.online

drmichaelcrawford.com.au

