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| <input type="checkbox"/> Bethesda Hospital | <input type="checkbox"/> Surgery Center-
Maplewood |
| <input type="checkbox"/> St. John's Hospital | <input type="checkbox"/> Hospice |
| <input type="checkbox"/> St. Joseph's Hospital | <input type="checkbox"/> Midway |
| <input type="checkbox"/> Woodwinds Health
Campus | <input type="checkbox"/> Outpatient |
| <input type="checkbox"/> Other | |

HealthEast Bariatric Care Laparoscopic Roux-en-Y Gastric Bypass Home Discharge Instructions

Coughing and Deep Breathing

Use your incentive spirometer frequently after you get home. Continued coughing and deep breathing help prevent complications such as fevers and pneumonia. If you are fever free after one week, stop using it, and throw it away.

Incision and Dressing & When to Notify the Surgeon

Band-Aids should come off before you leave the hospital. Remove all steri-strips one week from your surgery date unless told otherwise by the surgeon. See "When to notify your Surgeon" section.

Notify your surgeon if:

You develop a fever orally of 101.5 or greater, see any unusual bright red or green infection-like drainage; see redness or swelling around the incision; have left shoulder pain or pain that does not go away with your narcotic; have increasing anxiety or feeling that something is just "not right;" a persistent rapid heart rate (greater than or equal to 120 beats per minute) lasting longer than 15 minutes; progressive rapid breathing; increasing shortness of breath; continuous (non-stop) hiccups lasting longer than 15 minutes; persistent nausea; if you are unable to keep liquids down; have frothy or bloody looking vomiting; difficulty swallowing; excessive bloating; swelling, discoloration or pain in your lower legs; dark or bright red, black or tarry bowel movements, anything you are concerned might be an urgent problem or need reassurance about.

Bowel Movements

Consider that your stools might be loose, because you are currently only taking in fluids. If you have 3 or more diarrhea stools per day, check to see if you are drinking any liquids containing sugar. If constipation is a problem, it is ok to use a Dulcolax® rectal suppository. Increasing your fluids, adding Benefiber® to your liquids, and increasing your activity may also be helpful to you. Again, notify the doctor if you have dark or bright red, black or tarry bowel movements.

Pain Control

You will go home with a narcotic pain medication. If your pain does not go away with the narcotic, notify your surgeon. If the pain requires medication, but not something as strong as a narcotic, you may try Tylenol™ (acetaminophen) cut $\leq \frac{1}{4}$ inch or crushed.

DO NOT USE PRESCRIBED OR OVER THE COUNTER NONSTEROIDAL ANTI-INFLAMMATORY MEDICATION LIKE MOTRIN, ADVIL, IBUPROFEN OR ASPIRIN.

Activity

Do not lift greater than 10 lbs. for 1 week unless told differently by your surgeon. After one week, let your body be your guide. **You may drive only after you have been completely off of narcotics for a minimum of 24 hours.** Continue to shower as you have in the hospital. **NO BATHING IN THE BATHTUB, SWIMMING, etc. for 4 weeks.** (You need to be sure your incisions are well healed to prevent infection.) For the next 6 weeks, if you are in any vehicle longer than 30 minutes, stop every 30 minutes, and walk for at least 3 minutes before continuing your journey. Traveling and/or flying are not recommended for 6 weeks. Leaving the country is not recommended for 3 to 6 months. Check first with your surgeon.



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Remember to refer to your bariatric program handbook and keep follow up appointments for long-term success.

Keep your LapBand® wallet card with you at all times.

For urgent concerns on evenings, weekends & holidays, call your specific surgeon's answering service. You may also call the HealthEast Bariatric Clinic after clinic hours to obtain the number you need to contact the doctor on call for your surgeon.

If you need to go to the Emergency Room, go to the St. Joseph's Hospital ER. Be sure to inform the ER staff that you are a bariatric surgery patient, and ask them to notify your surgeon that you are there.

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**HealthEast Bariatric Care
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I have received and understand these instructions. I have had the opportunity to ask questions and have had my questions answered.

Pt. Signature _____

Nurse Signature _____

Initial: 3/04
 Revised 3/05; 6/05; 9/05; 6/06; 10/06; 8/08; 1/2009