
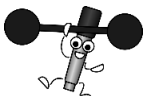










DISCHARGE INSTRUCTIONS

Activity	Home Care Instructions	Rationale
Driving 	<p>Please do not drive for at least 4-5 days.</p> <p>Do not drive while taking narcotics. You may be a passenger and you can wear a seat belt.</p>	<p>You need to be able to respond to an emergency. Narcotics may make you sleepy.</p>
Lifting 	<p>No pushing, pulling, lifting or strenuous activity for 4-6 weeks; anything greater than 10 lbs is considered too heavy.</p>	<p>Prevents incisional hernia from forming.</p>
Walking 	<p>Walk hourly while awake; increase activity gradually.</p>	<p>Helps prevent blood clots from forming; helps with the breathing and normal function of the bowels.</p>
Bathing 	<p>May shower (beginning 2 days after surgery), no tub baths or soaking in any water until your surgeon sees you.</p> <p>Pat your incisions dry (do not rub).</p>	<p>Allows the incisions to heal.</p> <p>Prevents disruption of the incisions.</p>
Wound Care, Incisional Care 	<p>Remove dressing (if there is one) in 24 hours. There may be Steri-strips under the dressing. These will usually fall off, but you may remove these in 14 days if they have not fallen off.</p> <p>If the incision is draining clear fluid, you can cover it with a dry dressing; please be sure to call your surgeon if the incision requires frequent change of the dressing.</p> <p>No lotions, creams or powders to incisions until okay with surgeon.</p>	<p>Helps promote healing.</p> <p>Helps to keep any drainage concealed and prevent infection.</p> <p>Helps prevent incision from becoming infected.</p>
Diet 	<p>Stage 1 the first night home – advance to Stage 2 on the first full day at home.</p> <p>Do not gulp or use straws when drinking. You may drink both hot or cold items. Your ultimate goal is to drink a minimum of eight to ten 8 oz glasses daily.</p>	<p>Gradual advancement of diet – to prevent any complications with the new anatomy.</p> <p>Prevents dehydration.</p>

DISCHARGE INSTRUCTIONS

	DO NOT EAT SOLID FOOD until you have met with the Weight Center Dietician	Prevents any complications with the new anatomy.
Activity	Home Care Instructions	Rationale
Medications 	Be sure to resume all medications as instructed – you will be given a list of medications to continue and discontinue, as well as some new medications to start. Start your vitamin and mineral supplements as recommended by the MGH Weight Center.	To prevent any problems or issues with other medical conditions. Provides Recommended Daily Allowance of vitamin and minerals.
Other	You may want to bring your incentive spirometer home with you, and continue using 10X/hour while awake.	Prevents pneumonia and other respiratory issues from developing.
Traveling 	The Weight Center strongly discourages any travel by plane, and/or long trips during the first 4-6 weeks after having surgery. Any long car rides during the recovery period should include several stops to get out of the car and walk around.	Helps prevent blood clots from forming.
Additional patient instructions 	Please be sure to keep <u>all</u> of your follow-up appointments with the MGH Weight Center.	Helps to identify any problems or issues, and ensures compliance with recommendations from the MGH Weight Center.
When to call your surgeon 	Call your surgeon if: <ul style="list-style-type: none"> • You have a temperature >101 • Difficulty breathing or catching your breath • Abdominal pain • Nausea or vomiting If you feel you are having a medical EMERGENCY, call 911 and/or go to the nearest hospital.	To prevent complications and answer any questions you may have.
	Monday – Friday, 8:00 AM – 5:00 PM: Dr. Hutter + Dr. Meireles: 617-726-1476 Dr. Gee + Dr. Witkowski: 617-724-6132	After hours, weekends, holidays: