

## After surgery....adapt to your new lifestyle

Several components are important in successful rehabilitation after surgery.

*Remember THREE*

*“Golden Rules”*

- 1. Take deep breaths*
- 2. Take frequent steps*
- 3. Take frequent sips of water*

*And also remember the surgery is only a tool. For optimum results it is important to eat right, exercise, and make other behavioral changes to reduce stress FOR LIFE!*



## Program Activities

### POST-OP VISITS

2 weeks, 2 months

### ROUTINE FOLLOW-UP VISITS

5 months, 8 months, one year,  
15 months and 18 months  
...from date of surgery

### MONTHLY Support Group Meetings

Tuesdays, 6-8pm  
ERC Building, Hublein Hall  
Corner of Hudson and Jefferson Streets  
Hartford Hospital campus

### GROUP WEB PAGE

### COMMUNITY EVENTS

Participate in:

- Walk groups
  - Walk-a-thons
  - Athletic clubs,
  - Community Organizations
- ....be an involved member of your community!

### ANNUAL Walk From Obesity

**Connecticut Surgical Group**  
**Darren Tishler, MD**  
**Nina Arnold, RN, MPH**  
**(860) 246-2071**  
**[www.harthosp.org/obesitysurgery](http://www.harthosp.org/obesitysurgery)**  
**[www.ctsurgical.com](http://www.ctsurgical.com)**

*CT Surgical Group*

## DISCHARGE INFORMATION

*after Gastric Bypass for Surgical Weight Loss*



*Roux-En-Y Gastric Bypass*

Updated 11/2005

# DISCHARGE INFORMATION AFTER GASTRIC BYPASS



In the days after surgery,

- Move often (flex feet by performing pedal pushes, bend knees, stretch, walk)
- Dress comfortably
- Take pain medications if needed, before exercising
- **START NOW** to work your way to a one hour exercise routine!



**Exercise one hour a day, for life**

## SIGNS & SYMPTOMS

You have had major surgery. Your body and mind are adapting to major changes.

In the next upcoming weeks to months, it is normal to experience: Fatigue, irritability, mood changes and constipation or loose stool. However, please

## CALL the OFFICE

*if you are experiencing:*

- **Unexpected shortness of breath**
- **Fever over 101 F**
- **Redness, swelling, and/or oozing at wound sites**
- **Pain NOT relieved by pain meds**
- **Or you are “Just not feeling right”**



## MEDICATIONS

- Take one (1) chewable multivitamin with iron EVERY DAY
- Take 1200mg Calcium Citrate (ie. CITRA-CAL chew EVERY DAY– as directed on bottle
- Take ALL medications in a chewable, crushable, liquid, or dissolvable form
- **NEVER** take aspirin or ibuprofen or other NSAIDS

## DIET

ENJOY:

- Protein-rich foods
- Foods & drinks with artificial sweeteners (Such as Equal, Splenda, or Sweet & Low)...**NO SUGARS**
- Nutritious foods in the dietary guidelines outlined in your patient handbook
- Stage 2 Diet for TWO WEEKS

### **\*\*REMEMBER\*\***

- **Avoid liquids with meals, wait one hour AFTER your meal to drink**
- **Take frequent sips of water throughout the day; Avoid straws**
- **Avoid carbonated drinks (soda) for two months**
- **NO ALCOHOL**
- **NO SMOKING**