



Information About Your Surgery

The surgical treatment for morbid obesity is known as Bariatric Surgery. Your doctor has offered this to you as a treatment choice to help decrease your risk of serious health risks such as diabetes, respiratory problems and coronary artery disease.

The Roux-en-Y gastric by pass uses a staple line to block the stomach into two parts, with a very small “pouch” above the staple line. This tiny pouch can hold about 1 ounce, or about the size of a shot glass. The pouch is then hooked up to a segment of small intestine.

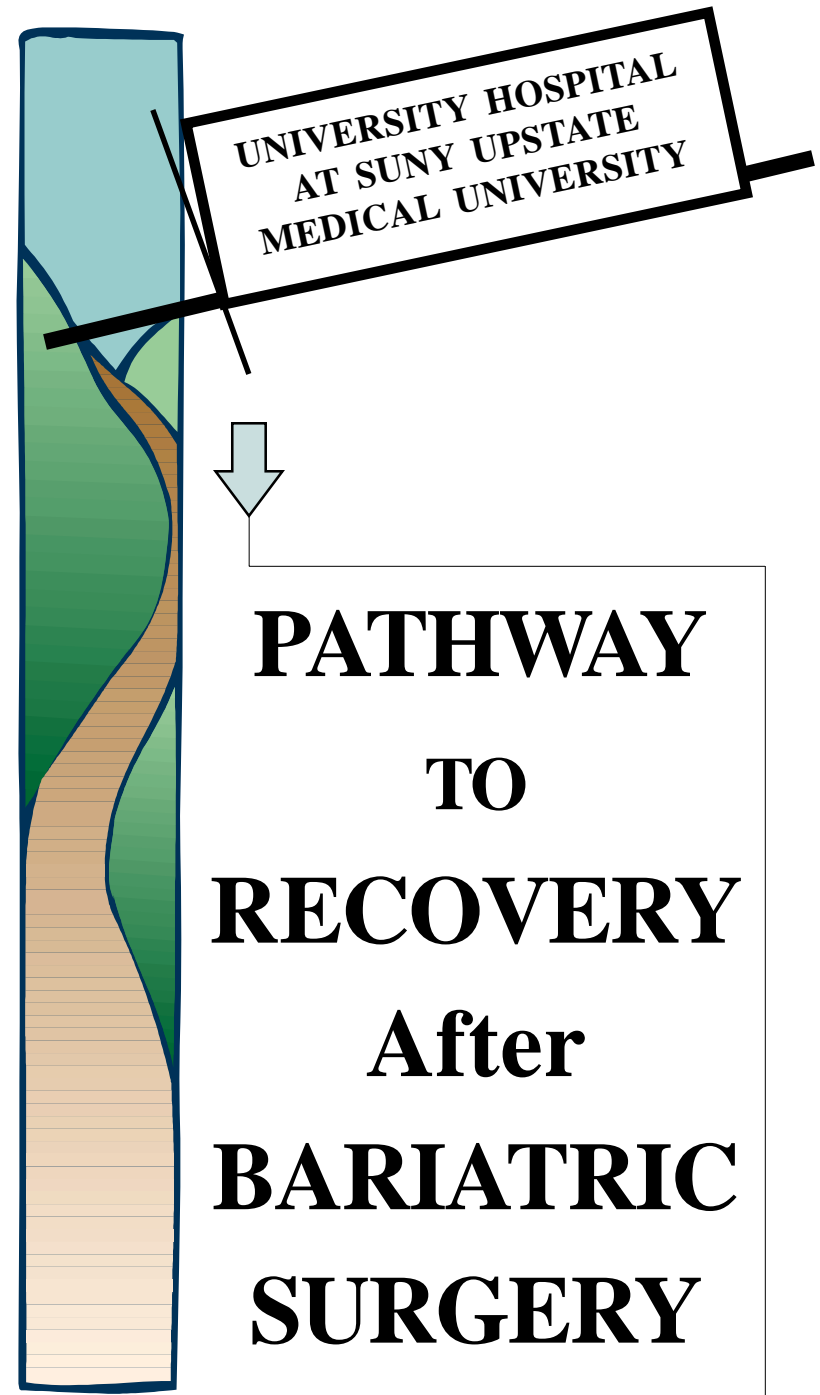


The Vertical Banded Gastroplasty uses a staple line and a small band to create a small pouch that can hold about 1 oz. Or about the size of a shot glass.

Both procedures makes if difficult to eat a large amount of solid food. These operations require eating 3 small meals. If you eat too much or too fast, you will become nauseated and vomit.









InPatient Surgical Services
750 E. Adams St.





PATHWAY TO RECOVERY FOLLOWING BARIATRIC SURGERY

	Day of Surgery	Day 1 after Surgery	Day 2 After Surgery	Day 3 after Surgery	Day 4 after Surgery	After Discharge
Nutrition	<ul style="list-style-type: none"> -You will not have anything to eat or drink. -You will have IV fluids. 	<ul style="list-style-type: none"> -You will not have anything to eat or drink. -You will have IV fluids. -Your weight will be checked. 	<ul style="list-style-type: none"> -You will have IV fluids. -You will have to sip about a shot glass full over 1 hour. This amount will increase to 4-6 oz over each hour. 	Gastric I diet <ul style="list-style-type: none"> -No straws. -No carbonated drinks. -Clear Liquids, no concentrated sweets. -IV fluids will be stopped and the IV device will be capped. 	Gastric I diet (Roux-en-Y) <ul style="list-style-type: none"> -Clear Liquids, no concentrated sweets. -IV fluids will be stopped and the IV device will be capped. VBG may start Gastric II diet.	<ul style="list-style-type: none"> -Continue your diet, make changes only as your doctor tells you. -Call 464-9852 for diet questions.
Activity	<ul style="list-style-type: none"> -Out of bed to a chair. -Walk to the bathroom. 	<ul style="list-style-type: none"> -Meet with Physical Therapy, Occupational Therapist and Registered Dietitian. -Walk in the hall 3 times. -Gastrografin swallow. 	<ul style="list-style-type: none"> -Walk in the hall 3 times. -Attend Physical Therapy in the gym. -Use your adaptive equipment. 	<ul style="list-style-type: none"> -Walk in the hall 3 times. -Attend Physical Therapy in the gym. -Use your adaptive equipment. -Use your adaptive equipment. 	<ul style="list-style-type: none"> -Walk in the hall 3 times. -Attend Physical therapy in the Gym. 	*HOME!! <ul style="list-style-type: none"> -Continue your exercise and walking. -You will have a follow up appointment 10-14 days after discharge.
Equipment and Monitoring	<ul style="list-style-type: none"> -Vital signs will be watched closely. -You will have oxygen and do breathing exercises. -You will have tube that will drain your urine. -You will have a tube in your nose to drain your stomach. 	<ul style="list-style-type: none"> -Vital signs will be watched closely. -Continue oxygen and breathing exercises. -You will have a tube in your nose to drain your stomach. 	<ul style="list-style-type: none"> -Vital signs will be watched closely. -The tube draining urine will be removed. -Continue oxygen and breathing exercises. -You may have your NG tube removed. 	<ul style="list-style-type: none"> -Vital signs will be monitored. -You will continue the breathing exercises. 	<ul style="list-style-type: none"> -Vital signs will be taken less often. -Your oxygen will be discontinued, but continue with the breathing exercises. -The tube in your nose will come out. 	<ul style="list-style-type: none"> -Continue with the breathing exercises. 
Pain Control	<ul style="list-style-type: none"> -You will get pain medication through your IV line, called Patient Controlled Analgesia (PCA) or Epidural. 	<ul style="list-style-type: none"> -You will get pain medication through your IV (PCA). 	<ul style="list-style-type: none"> -You will get pain medication through your IV (PCA). 	Your PCA will be discontinued and you will begin to get pain liquid. Remember to tell your nurse if you are in pain.	<ul style="list-style-type: none"> -You will get education about your medicines. 	<ul style="list-style-type: none"> -Continue all medicines prescribed by your doctor.
Discharge from Hospital	<ul style="list-style-type: none"> -Referrals will be made. Please alert your nurse about any concerns you have. 	<ul style="list-style-type: none"> -Plan for your discharge with your Case Manager. -You will get education about post surgery and incision care. 	<ul style="list-style-type: none"> -You will get education about your medicines. -You will get education about post surgery and incision care. 	<ul style="list-style-type: none"> -You will get education about your medicines. -You will get education about post surgery and incision care. 	<ul style="list-style-type: none"> -Review new diet. -You will get information about signs to look for after you are discharged. 	<ul style="list-style-type: none"> -Refer to your discharge folder as needed. -Watch for increased pain, fever, or drainage from surgery site. -Call your doctor with constant vomiting or other concerns.