

# Discharge Instructions for Bariatric Surgery Patients

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## Medications

- You will be discharged with the following medications after surgery:
  - *Lansoprazole (Zoton)*, an acid reducing (PPI) medication: Please take this for 30 days as prescribed so the stomach can heal in a less acidic environment, this will also help with reflux symptoms.
  - *Enoxoparin (Clexane)*, a blood thinner to avoid blood clots (DVT/PE): Please take this for 10-14 days – your doctor will specify the duration.
  - *Ondansetron (Zofran)*, a medication to control nausea: Please take only if feeling nausea (4 wafers given for discharge).
  - *Tapentadol (Palexia)*, a strong pain reliever: Please take if regular Panadol is not adequate for pain relief. **YOU SHOULD NOT DRIVE** whilst taking this medication.
- Please take regular paracetamol for 7 days after surgery. Tablets or liquid, either are acceptable and **DO NOT** exceed the maximum daily dosage.
- Resume any medications you were on before surgery. Your surgeon will let you know if there are any medications to continue to withhold. This may include blood thinners eg aspirin, warfarin, Plavix etc.
- **DO NOT** take any non-steroidal anti-inflammatories eg: nurofen, ibuprofen,

meloxicam, celebrex. Check with your surgeon if you are not sure.

## Pain

- It is common to get some abdominal and/or shoulder pain after laparoscopic (key-hole) surgery. This should mainly subside within 3 days of surgery.
- If the pain worsens or is accompanied by shortness of breath/chest pain, please contact Sea Change Weight Loss Clinic or present to your nearest emergency department.

## Wound Care

- You will leave hospital with dressings on your wounds. Please keep these dressings in-tact for 7 days after surgery.
- You can shower as usual with the dressings on, as they should be waterproof.
- If the dressings come away or get soaked through from the shower, simply replace them with a band-aid.
- After 7 days, dressings can be removed. You will see a healing wound. The stitches are beneath the skin and will dissolve and do not need to be removed.
- Contact our office if you have any concerns about your wounds ie: redness, pain, swelling or discharge.
- Note that it is normal to have some redness around wound sites as they heal.

## Fluids/Nutrition

- You will be discharged on a fluid diet as detailed to you by the dietitian. If you have any questions regarding this, please contact Sea Change on 02 4037 5858.
- Pay attention to your hydration, and if you are struggling with thicker fluids concentrate on water intake.
- Please do NOT drink through a straw.

## Bowel habit

- It is common to experience a change in bowel habit following bariatric surgery, some patients may get constipation and need to take something for their bowels.
- If required, take Coloxyl and Senna or Lactulose if this is a problem, both are available over the counter at local pharmacies. Please avoid preparations that are thicker or higher in volume as this will be difficult to tolerate eg Movicol.

## Activity

- We would expect most patients will be back at work 2 weeks after surgery.
- You are free to walk immediately after surgery – start slowly and build up. Avoid too much exercise on hot days and maintain hydration.
- No heavy lifting for 2 weeks following surgery.
- You may drive once you are off strong analgesia (Palexia) and can react in an emergency.

## Please contact us if you have concerns

- During business hours, **contact Sea Change on 02 4037 5858**. View our business hours here: [seachangeclinic.com.au/contact](https://seachangeclinic.com.au/contact)
- After hours, contact the ward from which you were discharged.

## In Case of Emergency

- Please present to an Emergency Department or dial **000** if you experience any of the following:
  - Chest Pain
  - Sudden shortness of breath
  - Fast heart rate – more than 120 beats per min
  - High Temperatures over 38°C
  - Severe Nausea and vomiting
  - Increasing abdominal pain
  - Increasing use of pain medications
  - Inability to pass urine

## Follow-up appointments

- You should have an appointment with the Dietitian at around 2 weeks post-operatively.
- You should also have an appointment for follow-up with your Surgeon.
- **Please contact Sea Change on 02 4037 5858 if you are unsure about the timing of these appointments.**