



LAP BAND SURGERY

These instructions will help you take care of yourself at home.



DIET

Before you leave the hospital, you will be given sips of clear liquids. Please remember to sip and not swallow large amounts. You need to treat your new pouch with care as it can only hold ½ cup at a time. In the initial class you attended, we compared your pouch to a funnel. When filling a funnel, you need to pour liquids in slowly. This is the same for your pouch. **Drink slowly**. When you advance your diet keep in mind the **same** is true for solid foods. Progress your diet as previously instructed.

Stage 1: Sugar free clears on the day of surgery

Stage 2: Blended low fat/sugar free foods for 3 wk. or until your next appointment.

Stage 3: Soft foods, 1/2 cup (three-four meals/day); advance to **Stage 4** after 5 wk.



ACTIVITY

It is very important for you to ambulate (walk) regularly. This will decrease the chance of developing blood clots. Increase your activity each day. Climbing stairs will not hurt you.

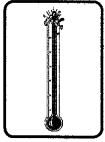


SPECIAL CARE AND INSTRUCTIONS

You will notice that each incision has a clear “glue like” substance on top; this is called dermabond. It is a clear adhesive to keep your incisions closed. Under the dermabond are stitches that will absorb in 2-3 wk. Keep incisions dry for 24 hr.; you may then shower and pat the incisions dry. You may want to place dry absorbent gauze under the breast area or anywhere you may sweat. This will keep incisions dry at all times.

Do not vomit!

Over filling your pouch will cause you to feel nauseated and vomit. Vomiting will be painful and will increase the chance of band slippage. If you cause your band to slip you will need to have an operation to place the band in its proper position. Slippage can lead to band erosion (when the band rubs a hole into the stomach)



INFECTION

Watch for any sign of infection after surgery: fever greater than 101.5, chills, increased pain, redness, swelling or foul smelling drainage from your wound.



WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for
"Resident on call" for Dr. _____ if:

- Increased redness or drainage from around incisions
- Increased pain
- If your incisions pull apart
- Redness around the skin where the port was placed
- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- Vomiting
- Large amount of bleeding (more than one teaspoon)

Bariatric Care Coordinators:

Libby Rexrode R.N. 434 924-0000 # 6789

Anna Dietrich-Covington, R.N. 434 924-0000 # 3728

Call 911 if you have chest pain or shortness of breath