

# Laparoscopic Gastric Sleeve / Band / Bypass

**Dressings** - You will be discharged with waterproof dressings on your wounds which should stay intact for at least 5 days. Replace the dressings if they fall off within 5 days. You may have showers and pat dry. Do not soak in a bath. You may remove the dressings after 5 days.

**Pain** - There may be some abdominal discomfort and shoulder tip pain. The shoulder tip pain is from the diaphragm which can be irritated by the carbon dioxide gas used during the surgery. This should settle over 24 - 48 hours. Panadol and/or Nurofen every 4 - 6 hours should be all that is required for pain on discharge.

**Diet** - You will be on a liquid diet for two weeks (liquid = anything you can "suck up a straw") then a mushy/sloppy/pureed diet for another two weeks. Sip on fluids throughout the day. Take a multivitamin daily.

**Constipation** - You may take a laxative such as Movicol or Coloxly (available at pharmacies without prescription) if required to keep your bowels moving.

**Activity** - Walking is encouraged immediately after surgery. Avoid heavy lifting (>10 kg) or straining for at least 1 month.

**Work** - You can return to work on light duties after 1 - 2 weeks.

**Driving** - Avoid driving for 5 days following surgery.

**Appointment** - A review appointment will be arranged for 1 month following surgery.

**Contact** - If you have any concerns please contact the private hospital or Mr Cichowitz on (03) 5721 4366

**Tips for losing weight** -

- Eat 3 or less small meals per day
- Do not eat anything between meals
- Eat slowly and stop when no longer hungry
- Focus on nutritious (high protein) foods
- Avoid calorie-containing (sweet) liquids
- Exercise for at least 30 minutes every day
- Be active throughout each day