

Path to HOME Guide: Weight Loss Surgery

	Day of Surgery	Day 1 after surgery	Day 2&3 after surgery	Day 4 thru - 7 after surgery	Day 8 after surgery
Breathing	<ul style="list-style-type: none"> • IS every 1hr while awake 	<ul style="list-style-type: none"> • IS every 1hr while awake 	<ul style="list-style-type: none"> • IS every 1hr while awake 	<ul style="list-style-type: none"> • IS every 1hr while awake if still having abdominal pain 	Non required
Activity level	<ul style="list-style-type: none"> • Leg exercises when in bed • Sit first, then walk at least twice tonight 	<ul style="list-style-type: none"> • Leg exercises when in bed • Frequent short walks 	<ul style="list-style-type: none"> • Leg exercises when in bed • Frequent longer walks 	<ul style="list-style-type: none"> • Leg exercises when in bed • Cont. frequent longer walks • Go outside - light chores 	<ul style="list-style-type: none"> • May return to normal activity, take more frequent breaks and rest.
Pain Control	<ul style="list-style-type: none"> • Use PCA as needed • Tell nurse if pain 4 or greater 	<ul style="list-style-type: none"> • Apply pain patch or start Liquid pain medication. • Pain goal less than 4. 	<ul style="list-style-type: none"> • Continue pain patch or Liquid pain medication as needed. Pain goal less than 4. 	<ul style="list-style-type: none"> • Use pain patch or liquid pain medication if needed. 	<ul style="list-style-type: none"> • Few require pain medication at this time. Use as needed ONLY.
Diet <i>REMEMBER Slow & small</i>	<ul style="list-style-type: none"> • Ice chips ONLY - very slowly 	<ul style="list-style-type: none"> • Clear liquids ONLY (hot or cold) very slowly • If having difficulty lick popsicles slowly. • No jello. No straw. • No carbonation 	<ul style="list-style-type: none"> • Clear liquids ONLY (hot or cold) slowly • 64ounces of fluid/day • No jello. No straw. • No carbonation. 	<ul style="list-style-type: none"> • Advance to Full Liquids. • 64oz. of fluids/day. • No straw. • Start Protein Shakes - 60gm/day • Start 1 Multi Vitamin/day. 	<ul style="list-style-type: none"> • One more week of full liquids. • 64oz. of fluids/day. • No straw. • Continue Protein Shake - 60gm/day • Continue Multi Vitamin
Specials	<ul style="list-style-type: none"> • Communicate pain, shortness of breath.... 	<ul style="list-style-type: none"> • CT scan or UGI • JP drain care teaching 	<ul style="list-style-type: none"> • Blue/Purple Leak test every morning 	<ul style="list-style-type: none"> • Blue/Purple Leak test every morning 	<ul style="list-style-type: none"> • Last Blue/purple Leak tes
Drains/Lines	<ul style="list-style-type: none"> • You may have: <ul style="list-style-type: none"> ○ Oxygen nasal canula ○ IV line ○ PCA push button ○ Urinary catheter ○ JP drain (bulb) 	<ul style="list-style-type: none"> • Oxygen will be weaned off • IV lines will be removed • PCA changed to patch or oral pain medication • JP drain stays 	<ul style="list-style-type: none"> • JP Drain stays for 1 week • change JP drain dressing if wet. • record amount draining 	<ul style="list-style-type: none"> • JP Drain stays for 1 week • change JP drain dressing if wet. • record amount draining 	<ul style="list-style-type: none"> • JP drain gets removed • apply dressing over JP site till dry.
Follow-up	-	<ul style="list-style-type: none"> • the surgeon will see you 	<ul style="list-style-type: none"> • 1st office Visit 	<ul style="list-style-type: none"> • call for any issues of concern 913-322-7401 	<ul style="list-style-type: none"> • 2nd Office Visit
Medications <i>Cut/crush</i>	<ul style="list-style-type: none"> • Bring all your home meds • some or all of your home meds will be continued 	<ul style="list-style-type: none"> • The nurses, pharmacist and doctor will discuss with you your home medications 	<ul style="list-style-type: none"> • continue home meds as directed - refer to your Hospital Discharge Med sheet for details 	<ul style="list-style-type: none"> • continue home meds as instructed 	<ul style="list-style-type: none"> • continue home meds as instructed
Wound care	<ul style="list-style-type: none"> • If leaking call nurse 	<ul style="list-style-type: none"> • If leaking call nurse 	<ul style="list-style-type: none"> • May shower • No soaking of wounds 	<ul style="list-style-type: none"> • Remove all transparent dressings 	<ul style="list-style-type: none"> • monitor incisions for infection
Bowel Function	<ul style="list-style-type: none"> • chew sugar free gum 	<ul style="list-style-type: none"> • chew sugar free gum 	<ul style="list-style-type: none"> • chew sugar free gum 	<ul style="list-style-type: none"> • chew sugar free gum 	<ul style="list-style-type: none"> • consider fiber 6-10gm/da