

FREQUENTLY ASKED QUESTIONS:

When can I get pregnant after surgery? It is strongly recommended you wait at least 18 months after surgery before trying to conceive. Approximately 18 months post-op, your body will be fairly stable from a weight and nutrition standpoint. You should also know that fertility usually increases with weight loss so be sure to take extra precautions.

What do I do about gas? Gas is very common in the first few weeks after surgery. You can take Gas-X strips, Mylicon Drops, or Simethicone (generic) to help relieve gas pains.

What do I do about constipation? Constipation can be caused by pain medication or dehydration. If constipation becomes a problem, you may try 30cc (6 teaspoons) of Milk of Magnesia. You may also need to increase your fluid intake. Constipation can also be relieved through insoluble fiber supplements such as Fiber-con/Benefiber or Metamucil. We recommend starting with about ¼ to ½ the recommended amount. Half a cup of warm prune juice will also help with constipation. Call your doctor's office if the constipation persists more than 2-3 days.

What do I do about diarrhea? For the first few weeks after surgery, it is normal to feel cramping or diarrhea. You may take Imodium AD or try some yogurt. However, later on some patients may experience these symptoms due to sugar found in milk products called lactose. If you are lactose intolerant it will cause gas, bloating and diarrhea. Symptoms should be resolved by switching to lactose free products. Call your doctor's office if the diarrhea persists past 2-3 days.

What do I do if I am feeling nauseous or vomiting? Nausea can be expected in the first few weeks after surgery. Watch your eating behavior. Are you eating too much, too fast or foods high in sugar or fat? Are you drinking with your meals? You may also be dealing with food intolerances. If you are feeling nauseous or vomiting wait about two hours until symptoms subside then go back to full liquids again. If vomiting continues for more than a 24-hour period call your doctor.

Why do I need to drink so much water? Proper hydration is critical during recovery from surgery. When food intake is low, it becomes even more important to drink fluids to meet the needs of your body. Dehydration is one of the most common reasons for re-hospitalization. It can cause weakness, fatigue, light-headedness, dizziness and constipation. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient. Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of. You should sip constantly on water between meals your goal is to get up to 64 ounces of water a

day. In the first few weeks after surgery it is difficult to drink a lot of water but you can add plenty of sugar free Popsicles and ice chips.

Why do I sometimes feel tightness in my chest area after eating? This can be caused by eating too fast, not chewing well enough, taking too big of a bite or drinking with meals. Stop what you are doing. Stand up and pace the floor. This may help tightness to go away sooner.

What do I do if I get something stuck in the pouch? If you get food stuck in the pouch you will feel an intense pressure or tightness in your diaphragm and your mouth will begin to water. This pressure can sometimes be felt in your upper back. You can drink about ¼ cup of pineapple juice to help dislodge the food or you can try walking or standing to see if the food will move through the pouch or come back up. If this doesn't work, try again in an hour or two. If after the second attempt you are not feeling any relief, call your surgeon. Having had food stuck in the pouch can cause the pouch irritation and inflammation. If you have difficulty tolerating solid foods after this, revert back to full liquids for 48 hours then advance to soft foods for 48 hours before trying solids again. If you are unable to tolerate solid foods after this please notify the office.