

WHAT TO EXPECT AFTER SURGERY

- Up and walking shortly after surgery
- Discomfort and drowsiness
- Metallic taste and very dry mouth
- Expect some pain, but it should be tolerable – 5 or less on a scale of 1 to 10.
- If pain medication is not working, tell your nurse.
- If pain medication is not working once you get home, call 806-677-7952 and have your pharmacy number available.
- Left shoulder pain and incisional pain is common.
- If drinking your fluids is painful, take pain medication or Tylenol prior to drinking to coat suture line on inside of stomach.
- You may shower and wash your incisions with antibacterial soap but do not scrub or attempt to pull off drainage or scabs. Let the warm soapy water run over the incisions.
- Do not use alcohol or peroxide to clean incisions.
- Your surgeon will instruct you on resuming your regular medications after surgery.
- You will be required to take acid blocker daily for 3-6 months after surgery to protect your pouch and reduce stricture or narrowing of the pouch outlet.

- No lifting anything over 10 lbs. for 3 weeks after surgery.
- No strenuous exercise for 4 weeks after surgery. Work up to walking 30 minutes a day.
- Return to work when ready - Usually 1 week
- When back at work, be sure to get up every hour and walk to help prevent blood clots for first 4 weeks.
- You may resume driving as soon as you feel comfortable – As long as you are not taking any pain medications.
- No baths, hot tubs, or swimming for 10 days after surgery.
- You may continue to have some mild abdominal pain for up to 4 weeks after surgery, especially if twisting or bending certain ways.
- Productive burp or belching is caused by eating too fast, not chewing well, or taking bites that are too big.
- If you do not chew your food well or food becomes stuck, you will experience sliming or frothing, which is excessive saliva production in the mouth.
- Do not get discouraged by not seeing weight loss on scale weekly, you will experience weight loss but also as your weight plateaus, you will be losing inches.
- Weigh weekly and record.