

## **Bariatric Surgery Discharge Information and Advice for GP's and Patients**

### Dressings

Absorbable sutures and Dermabond (waterproof skin adhesive) were used to close skin

If any dressings are present remove after 5 days

Can bath and shower normally

### Activity

No heavy lifting for four weeks but all other activities and light lifting encouraged

### Medication

All tablets should be crushed or in liquid form. Tablets can be resumed in week 3 (or when patient is on mashed consistency diet).

Lansoprazole fastab 30mg once each day for at least 1 month

TED stockings to be worn for 2 weeks

### Dietary advice:

-- Liquids for the first week

-- Followed by 1-2 weeks of pureed consistency food (yoghurt consistency)

-- Followed by mashed consistency foods for 1-2 weeks

-- Followed by the introduction of normal textured, solid food

(Please refer to the leaflet "A guide to eating and drinking after surgery" for further information;

<http://www.laparoscopicconsultant.co.uk/patient-forms-andrew-jenkinson.html>)

### Hospital Follow Up

Out patient follow up:

--Appointment in 2-4 weeks with the Mr Jenkinson

--Appointment in first 3 months with dietician Kate Waller

--Appointment in 3, 6 and 12 months with Mr Jenkinson

--Annually thereafter for 5 years

NOTE: Mr Jenkinson will see patients at their or their GP's request at any other time during this period

### Instructions to GP

Patients instructed to take the following multivitamin and mineral supplements long term

Morning: 2 x multivitamin tablets (ie. Sanatogen gold or Centrum) + 200mgs Ferrrous Sulphate

Evening: 2 x Calcichew or Adcal D3 tablets

Vitamin B12 supplementation should start 3 months post operatively. Hydroxocobalamin

1mg/ml IM injection 3 monthly (a loading dose is not required).

Please continue lansoprazole 30mg OD (or similar PPI) for at least 3 months.

### Postoperative Blood tests

The following blood tests should be performed at 6 months and thereafter annually;

FBC,U and E's, LFT's, Vitamin B12, Folate, Iron, Ferritin, Vitamin D, PTH

If trace element deficiency is suspected the following should be checked;

Selenium, Copper, Magnesium, Zinc

### Contact Information

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