

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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