

Dr. SULMAN AHMED MBBS (syd.) MS (syd.) FRACS

Hepatobiliary & General Surgery -Weight loss and Metabolic surgery
Gastroscopy, Colonoscopy, Laparoscopic Hernia, Gallbladder surgery · ERCP
Nepean Public, Nepean Private and Sydney Adventist Hospitals
Provider No: 222836UH. ABN: 15610929114

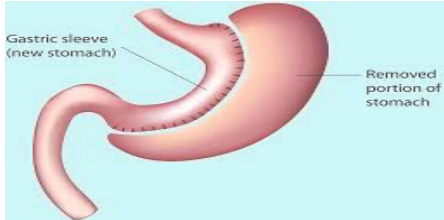
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GASTRIC SLEEVE/BYPASS SURGERY/Revisional surgery

After the Surgery:



- **Nurses will change dressings prior to leaving hospital. Leave dressings for one week and then remove; they will be waterproof.**
- **No driving for one week; No heavy lifting for two weeks**
- **See Dietitian in rooms 1 week after surgery-appointment should already be made. The Dietitian will see you in hospital before you go home.**
- **Use your pain relief button sparingly (PCA) Nurses will check you know how to do this but if you use it too much it can cause nausea/vomiting.**
- **WALK, WALK, WALK. The more you walk the quicker you will recover.**
- **You will have contrast study swallow (x-ray test) to make sure there is no leak and follow through of x-ray dye/Day1.**
- **See Dr Ahmed in his rooms for review 1-2 weeks after your surgery. Any concerns contact the rooms during business hours.**

It is important to keep sipping water every hour using a water bottle to avoid dehydration in addition to having other clear fluids

DIET:

- **Day 1- start with sips of water/clear fluids; protein water. Roughly: fluids for 2 weeks; pureed for 2 weeks then solids after that.**
- **Commence full fluids when returning home (eg: Milk/soup/shakes/Sustagen etc.)- see your information sheet given to you by the Dietitian.**

Discharge from Hospital:

- **You will go home with your white TEDS stockings and Clexane injections - 40mg sc daily to prevent blood clots for two weeks**
- **Pain relief: regular Panadol 1g 4 times per day. You can take capsules or liquid Panadol. Please do not take Nurofen/Ibuprofen/Voltaren/anti-inflammatories.**
- **Vitamins: start taking your regular chewable multivitamins and regular medications on returning home. Best to have liquid forms. Check with Chemist if you can crush/slice tablets.**
- **Antacid medication: Nexium/Somac 40 mg once per day. Prescriptions given for all medications including anti-nausea medication - Ondansetron 4mg wafers**
- **Keep mobile; plenty of walking. Drink water to prevent constipation.**
- **Warning signs of a problem: temperatures > 38 degrees; fast heart rate (>100); increasing abdominal pain. Please contact the rooms.**
- **Do not drink any alcohol for 1 year.**
- **Women: Practice safe sex – vomiting can lead to poor absorption of the pill. Not to plan pregnancy for 18months.**

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POST OPERATIVE INSTRUCTIONS:

Gastric sleeve / Gastric bypass surgery:

- **No driving for one week. WALK, WALK, WALK.**
- **No lifting (<5kg) for two weeks**
- **Dressings waterproof – need to be left on for one week. They should be changed prior to leaving the hospital-(the nurse should do this).**
- **Then after one week you should remove this dressing and white steristrips while in the shower.**
- **You will need to make an appointment when you get home from hospital to see Dr Ahmed 1-2 weeks after surgery.**
- **Regular Pain Relief - take Paracetamol 1gm (2 tablets) every 4-6 hours regularly for 2-3 days. Even if you have mild pain this will help keep your pain levels steady and prevent severe episodes of pain. NO NUROFEN, VOLTAREN, ANTI-INFLAMMATORIES.**
- **You will get a prescription for strong pain – eg. Endone, Oxycontin- These medications can make you quite drowsy- DO NOT DRIVE OR OPERATIVE MACHINERY IF YOU TAKE THESE MEDICATIONS.**

These medications can also constipate you. We recommend that you increase your water intake and taking 20ml Lactulose (from chemist) will keep your bowels moving if you experience or are prone to constipation.

PLEASE ENSURE THAT YOU CALL DR AHMED’S ROOMS TO MAKE YOUR POST-OPERATIVE APPOINTMENT AS SOON AS POSSIBLE FOLLOWING YOUR PROCEDURE.