

After Your Weight Loss Surgery

Comprehensive Weight Management Program



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University of Minnesota Physicians and Fairview Health Services

Welcome to the After Your Weight Loss Surgery Presentation.

It is required that all patients planning to have weight loss surgery watch this before their surgery.

Patients who watch the weight-loss surgery presentations know what to expect from surgery and the healing process.

So, they are less nervous and are more active in their recovery.

These patients have fewer problems and have less pain.

In other words, the patients that are more informed about their surgery have a more positive, more successful and safer experience.

This presentation will help prepare you and any friends or family who watch this with you.

What you will learn:

- What to expect when you go home after surgery
- Ways you can prevent problems after surgery
- When to call us
- Lifestyle changes for long-term health
- The schedule for follow-up appointments



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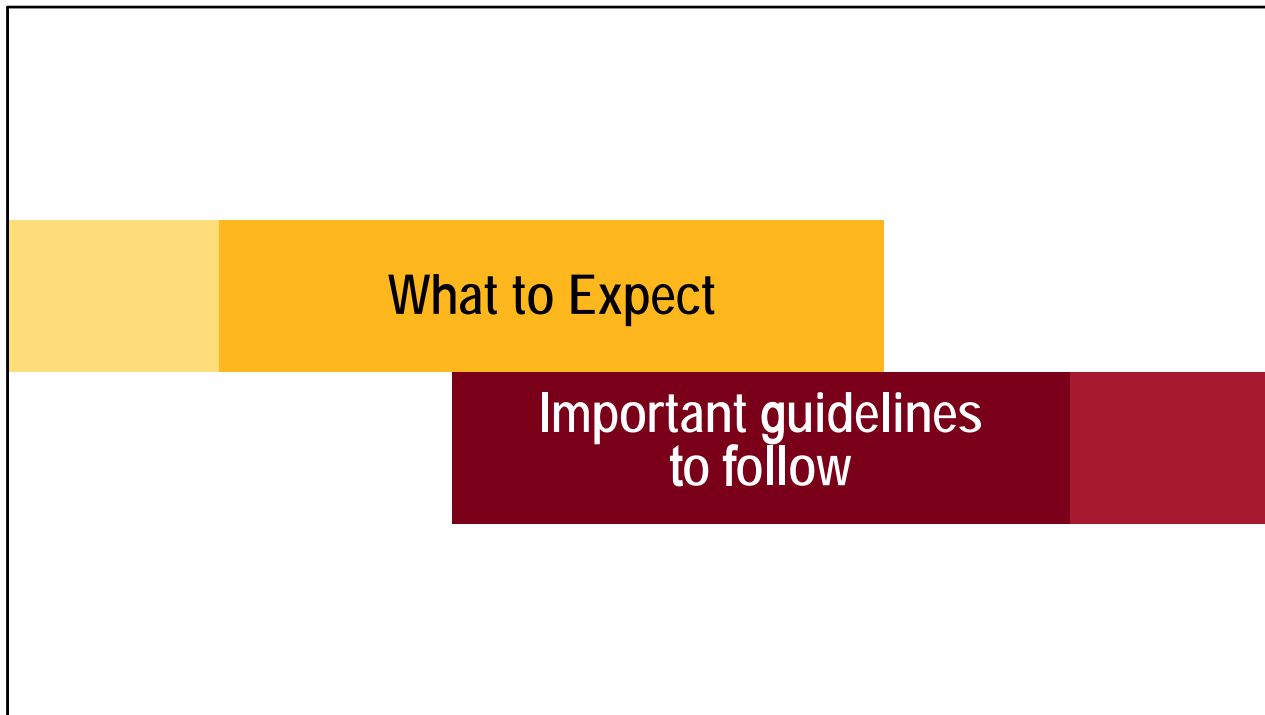
This presentation will share with you:

- What to expect when you go home after surgery
- What you can do to reduce the risk of problems after surgery and promote healing
- When you should call us after surgery
- A review of the lifestyle changes for you to do for long-term health

And we will talk about how often you'll need to see your care team for follow-up.

If you have any questions about your surgery, outcomes or risks other than those covered today, please call your care team or discuss at your next clinic visit.

If your care team gives you different information than what is given in these slides, please follow your care team's instructions.



While your body is healing, there are some things you shouldn't do. These are called restrictions, and we'll talk about them over the next few slides.

Medicine guidelines

- First 4 weeks after surgery:
 - Take only liquid, chewable, crushed or pills smaller than $\frac{1}{4}$ inch
- After 4 weeks:
 - Take small pills or cut up larger pills to be smaller than $\frac{1}{2}$ inch



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For the first 4 weeks after surgery, you should only take liquid medicine or pills that are chewable, crushed or smaller than a quarter inch.

After the first 4 weeks, you can take small pills or cut up larger pills to be smaller than $\frac{1}{2}$ inch.

Call your care team if you have any trouble taking your pills, including feeling sick or throwing up after you take them.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: I can take pills of more than 1 inch after the first 4 weeks after surgery.

Answer



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True or false: I can take pills of more than 1 inch after the first 4 weeks after surgery.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: I can take pills of more than 1 inch after the first 4 weeks after surgery.

Answer

FALSE – You can take only take pills up to 1/2 inch after the first 4 weeks after surgery.



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FALSE. You can take pills up to 1/2 inch after the first 4 weeks after surgery.

You can only take pills up 1/4 inch for the first 4 weeks after surgery.

Lifting restrictions

- Check with your care team for how much you can lift for the first month after surgery.



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-Check with your care team for how much you can lift for the first month after surgery.
Lifting too much weight, too soon
can cause stress on your stomach muscles and affect the healing.

Activity restrictions

- Wait at least 4 weeks to do exercises that use stomach muscles (sit-ups, lifting weights).
- Ask your care team about leisure activities (golfing, tennis, skiing).



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- Avoid exercises and activities that use your stomach muscles, such as sit-ups and weight lifting for 4 weeks after surgery.
- Discuss further weight, activity and travel restrictions at your first postoperative surgery visit.

Travel restrictions

- Do not travel in a plane for 1 to 3 months after surgery.
- Limit riding in a car to no longer than 1 hour at a time during the first month.



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- Do not travel in a plane for 1 to 3 months after surgery.
- Your care team can help you decide when flying is safe.
- Limit riding in a car to no longer than 1 hour at a time during the first month. If you need to ride longer than 1 hour in a car, get up and out of your vehicle and move around every hour for 5 minutes.

Driving restrictions

- Don't drive 1 to 2 weeks after surgery.
- Don't drive until you are off pain meds for at least 12 hours.



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- You should not drive until 1 to 2 weeks after surgery.
- Do not drive until you have been off your pain medicine (or any medicine that causes you to feel sleepy) for at least 12 full hours.

Your care team will tell you when it is safe to drive at your first follow-up appointment if you want to discuss this further.

Work restrictions

- Return to work 2 to 4 weeks after surgery.
- Your care team can help you with return to work or FMLA forms.



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When you can go back to work will depend on the lifting requirements of your job and how you're feeling. Most patients go back to work 2 to 4 weeks after their surgery.

-Talk to your care team if you need “return to work” forms or “FMLA” forms completed.

Pregnancy restrictions

- Wait 2 years and use 2 forms of birth control.
- Women have increased fertility after weight loss.
- See your surgeon before getting pregnant.



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You can have sex again as soon as you feel comfortable.
Most patients feel comfortable after 4 weeks.

But you need to wait at least 2 years after surgery to get pregnant.
Because of this, and because weight-loss surgery can make you more fertile, you should discuss the type of birth control you are using with your primary care provider or OB/GYN ahead of time.

After 2 years, if you decide to get pregnant, please see us in the clinic before. We can check your health and nutrition so that you are healthy during your pregnancy.

Other reminders

- Report menstrual period changes.
- Avoid donating blood for 1 year.



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Stress and hormones from surgery can affect menstrual cycles.

-If your period lasts longer than 10 days, or returns after being gone for a long time, call your primary care or OBGYN.

-Avoid donating blood for 1 year after surgery. It is a good idea to check with your care team before donating.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: You should not get pregnant the 2 years after weight loss surgery.

Answer



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True or false: You should not get pregnant for 2 years after weight loss surgery.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: You should not get pregnant the 2 years after weight loss surgery.

Answer

TRUE – You will be healthier if you wait 2 year after surgery to get pregnant. Let us know when you plan to get pregnant so we can check your labs.



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TRUE. You will be healthier if you wait 2 year after surgery to get pregnant. Let us know when you plan to get pregnant so we can check your labs first.



Now we'll talk about how to care for yourself at home.

Watch for infection

- Check incision for signs of infection:
 - Redness
 - Swelling
 - Tenderness
 - Drainage
 - Warmth
 - Pus or fluid oozing from the site (green, yellow, white, smelly)
 - Fever higher than 101.5° F (38.61° C).
- Call your care team if any of the above concerns.

Incision: A cut your surgeon made during your surgery.



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One of the most important things after surgery is to prevent infection.

-Check your incisions for signs of infection twice a day until they are completely healed.

Your incisions are the cuts your surgeon made during your surgery.

-Check for the following signs of infection:

redness; swelling; tenderness; drainage; warmth; green, yellow, white, smelly drainage at the incision; or a fever higher than **101.5** degrees Fahrenheit, which is 38.61 ° Celcius.

Call your care team if you notice any of these signs of infection.

Prevent infection

- Showering
 - Okay after surgery
 - Wash and dry gently
 - Don't scrub surgery cuts (incisions) for about 2 weeks
- Bathing/hot tub
 - Don't soak until well healed
 - Talk to our team at your first appointment after surgery



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You can prevent infection at your incisions by keeping your them clean and dry.
It's okay to shower after surgery.

- Be sure to wash and dry yourself gently.
- Avoid scrubbing your incisions for the first 2 weeks after surgery.
- Avoid soaking your incisions in a bath or hot tub until they are well healed.
- Avoid swimming until your incisions are well healed.

Ask your care team about this at your first follow-up appointment after surgery.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: You can shower before you go home from the hospital, but can't soak in a tub until your incisions are healed.

Answer



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True or false: you can shower before you go home from the hospital, but can't soak in a tub until your incisions are healed.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: You can shower before you go home from the hospital, but can't soak in a tub until your incisions are healed.

Answer

TRUE – You need to keep your incisions clean and dry to help prevent infection.



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TRUE. You need to keep your incisions clean and dry to help prevent infection. But, cannot soak the incisions until they are completely healed. Showers are okay.

Prevent Pneumonia

- Take measures to prevent pneumonia after surgery
 - Take deep breaths during the day
 - Use your incentive spirometer during the day
 - Go for frequent small walks



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There are things you can do for the month after surgery to prevent pneumonia:

-Take deep breaths several times during the day.

-Use your incentive spirometer several times during the day for the first couple weeks after surgery.

-Take a lot of small walks.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: Deep breathing and using the incentive spirometer prevents pneumonia.

Answer



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True or False: Deep breathing and using the incentive spirometer prevents pneumonia.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: Deep breathing and using the incentive spirometer prevents pneumonia.

Answer

TRUE – Deep breathing and using the incentive spirometer helps you expand your lungs and prevent pneumonia.



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TRUE. Deep breathing and using the incentive spirometer helps you expand your lungs and prevent pneumonia.

Watch for clots in your legs

Signs of blood clot in your leg

- Severe pain
- Hot area on leg
- Swelling or redness, especially on lower leg

What to do if you have these signs:

Call your care team,
Then **go to the emergency room**

- Walking every day can help prevent clots.
- You may also need medicine to help prevent clots.



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Blood clots are a serious problem that can happen after surgery. Some clots can cause death. Be aware of the symptoms so you can get help fast. A clot in your leg is called a deep vein thrombosis.

Signs of a blood clot in your leg include:

- severe pain
- hot area on your leg
- swelling
- redness, especially in your lower leg

If you notice any of these symptoms, call your care team and come to our emergency room right away.

Watch for clots in your lungs

Signs of blood clot in your lung

- Sudden shortness of breath
- Chest pain

What to do if you have these signs:

Call 911 for an ambulance

- Walking every day can help prevent clots.
- You may also need medicine to help prevent clots.



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A clot in your lungs is called a pulmonary embolus.

Signs of a blood clot in your lungs include:

-sudden shortness of breath

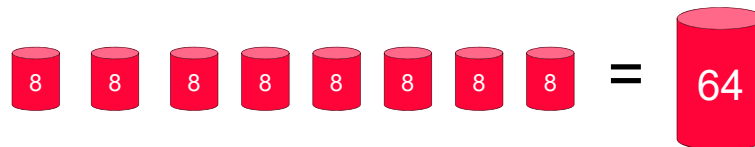
-chest pain

If you have either of these, call 911 for an ambulance to bring you to our hospital emergency so we can take care of you quickly.

Walking several times each day is the best way to prevent clots.

If you have had blood clots after other surgeries, we may ask you take a blood thinner or another medicine to reduce your risk of getting clots after this surgery. We may also ask you to see a blood doctor, or hematologist, before surgery for recommendations.

Prevent Dehydration



- Drink eight 8-ounce cups of liquids each day.
- NO caffeine, fizz or calories in your liquids.
- Call your care team if you have trouble drinking enough liquids.
- Staying hydrated can prevent constipation.



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After surgery, it's important to drink a lot of liquids.
You should drink a total of 64 ounces, or 2 quarts of liquids each day.

- Avoid caffeine, fizzy liquids like sodas, and drinks with calories.
- Caffeine can make you feel hungry and upset your stomach.
- Fizzy drinks can cause discomfort.
- And the liquid calories can slow down your weight loss.

If you don't drink enough liquids, you may become dehydrated.
If you are dehydrated, you may have a dry mouth and dry skin.
You may feel foggy, dizzy, weak and thirsty.

Call your care team if you are having problems drinking enough liquids and feel like you're becoming dehydrated so we can help you.

Prevent low blood sugars

- If you have diabetes and have used insulin in the past:
 - Review your insulin needs after surgery.
 - See your primary care doctor or diabetes management team.



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If you've have diabetes and have used insulin in the past:

-Review your insulin needs with the hospital care team before you go home. We will give you a corrections scale. This scale tells you how much insulin to take based on what your blood glucose level is at that time.

-You should also see your primary care doctor or diabetes management team after going home from surgery. You will find that your blood sugar levels will change with the weight loss. You may need to adjust the medicines used to treat your diabetes.

Prevent low blood pressure

- Take medicine as directed.
- Call your primary care doctor if light-headed or dizzy.



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We'll monitor your blood pressure while you are in the hospital.

If you're on blood pressure medicine, we'll review your blood pressure medicine doses before you go home.

Make sure you are taking your blood pressure medicine as directed and getting in enough liquids.

If you feel light-headed or dizzy, when getting up from a chair or bending over, call the doctor who prescribed this medicine.

You may need to decrease or stop your blood pressure medicine.

Other Times to Call Us

- Call the care team if you have any of the following:
 - Frequent nausea, vomiting, diarrhea, or constipation
 - Feel hot and sweaty after eating food with sugar
 - Severe stomach pain or cramping that gets worse over time
 - Feeling anxious with shoulder pain or chest pain
 - Increase in heart rate
 - Vomiting
 - Heartburn
 - Changes around the incision



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There are also other times when you should call us.

Call the care team if you notice any of the following:

- Feeling sick to your stomach, throwing up, bloated or changes in stool that last for more than a day.
- Feeling hot and sweaty after eating foods with a lot of sugar (this is called dumping syndrome and is most common after gastric bypass)
- Severe stomach or gut pain or cramping that gets worse over time.
- Feeling anxious with shoulder pain or chest pain or an increase in heart rate that is new. (This could be a sign of a leak inside at the incisions).
- Vomiting blood or have blood in your bowel movement.
- Vomiting foamy, frothy, phlegmy liquid.
- Heartburn or reflux that doesn't get better with or without medicine
- Changes on or around the incision, like an odd bump or swelling.



Finally, we'll talk about healthy habits you can embrace for success.

Lifestyle changes

- You will have better results if you make lifestyle changes:
 - Follow nutrition guidelines
 - Take vitamin and mineral supplements
 - Follow fluid guidelines
 - Exercise
 - Attend follow-up appointments
 - Have support



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Remember that weight loss surgery is a tool, not magic!

You must do your part by making lifestyle changes.

- Follow nutrition guidelines,
- Take vitamin and mineral supplements
- Follow fluid guidelines
- Exercise
- Attend all follow-up appointments
- Have support.

Important reminders

- 8 out of 10 of patients lose weight
- You will lose the most weight during the first year
- Weight regain is possible and preventable—YOU make the difference!



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8 out of 10 of patients successfully lose weight with weight-loss surgery and keep the weight off long-term. You will lose the most weight during your first year after surgery. You can still lose weight after the first year, but it will be less dramatic. It is possible to regain the weight you lost, but you can also prevent that! You make the difference!

- Know the difference between head hunger and physical hunger.
- If you are looking for food but your stomach doesn't feel hungry, find a distraction.
- Talk to your dietitian or a psychologist or therapist about this.
- Avoid overeating and fizzy drinks. This can stretch your stomach over time. A larger stomach can make it easier to eat more and can lead to weight gain.
- Follow the advice of your care team, and you will be well on your path to success.

Follow nutrition and fluid guidelines

- Your dietitian will review:
 - The diet stages to follow the first month after surgery
 - Sample meal plans
 - Protein guidelines
 - Vitamin and mineral guidelines
 - Fluid guidelines
 - Other tips for success



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You will meet with a dietitian both before and after surgery.

At the before surgery appointments, you will discuss information about:

- Diet stages (what you can eat and when immediately after surgery)
- Sample meal plans
- Protein, vitamin and mineral guidelines
- Fluid guidelines
- Tips for success

You will review these items again at your after-surgery appointments.

Be sure to write down any questions you have for your dietitian so you can ask them at your appointments!

Changes relating to nutrition

- Hair loss or hair thinning
 - If it happens, it usually happens 3 to 9 months after surgery
 - Hair starts to grow back after following diet guidelines
 - Multiple causes: not enough protein or iron in the diet, rapid weight loss, stress
- Change in taste and tolerance
 - Food may taste different
 - Gastric bypass: lactose intolerance



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If you don't get enough protein or iron in your diet, you may have hair loss, hair thinning, or weak nails. This can also occur with rapid weight loss. If this does happen, it usually occurs 3 to 9 months after surgery. Your hair and nails will start to grow back after you start following the diet guidelines more strictly and when your weight loss slows down. Stress can also cause these symptoms. **Let your care team know if this is happening.** We may want to check your labs and recommend changes in your diet.

If you don't take your vitamin supplements you could have health problems related to the vitamins you need.

Your food may taste different after surgery.

Gastric bypass patients may also have some lactose intolerance, meaning dairy products are harder to digest.

-Tell your dietitian if you have these symptoms.

You may not tolerate over-the-counter cold and flu medicines because of the sugar in them.

-Ask your care team what cold and flu medicines you can use.

Exercise benefits

- Strengthens your heart and lungs
- Increases blood flow in your body
- Boosts your immune system
- Helps you lose weight
- Helps you keep the weight off



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Aside from eating well, exercise is one of the most important things you can do for overall health.

Staying active helps strengthen your heart and lungs, increases blood flow in your body, boosts your immune system, and helps you lose or maintain your weight.

Exercise plan

- 3 parts to Exercise:
 - Aerobic exercise to increase heart rate
 - Weight or resistance training to build muscle
 - Stretching your muscles before and after exercises
- Consider a personal trainer or exercise buddy to help you stay on track



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Exercise involves 3 parts:

1. Doing aerobic exercise to increase your heart rate. This could be the walking you will do right after surgery.
2. Doing weight or resistance training to build muscle. Wait at least 4-6 weeks after surgery to start this and discuss with our team first.
3. Stretching your muscles before and after other exercises to prevent muscle injury.

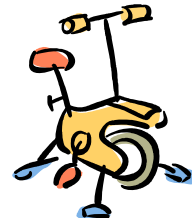
An exercise goal is to do all 3 types of exercise in your exercise plan.

-You may try working with a personal trainer at home or your local gym.

-Working out with a friend may also be helpful and keep you motivated to meet your goals.

Exercise during the first month

- Start with short walks, 4 to 6 times a day
- Work your way up to 1 mile per day
- Indoor alternative: stationary bike or treadmill
- Drink more water when you exercise
- Check with your care team before increasing activity



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Right after surgery, Start by taking short walks, 4 to 6 times per day.
As you feel stronger, slowly increase how far you walk.
4 weeks after surgery, you should be walking at least 1 mile per day.

If you can't walk outside, try a stationary bike, treadmill, or walking at the mall or a community center. Anything that gets you moving!

Remember that when you exercise, you should drink more water to replace the fluids you lose by sweating. Avoid exercising outside when it is very hot and humid.

Talk with your care team before doing more strenuous activities like swimming or running.

Hibernation syndrome

- Feeling tired and low on energy after surgery is normal
- Exercise to help your body



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You may feel tired and low on energy for a few weeks after surgery.

This is called Hibernation Syndrome.

This is normal.

You can exercise to help your body get used to using fat as an energy source.

These feelings will get better as your body gets used to your new diet.

Avoid Smoking

- Smoking and nicotine products interfere with healing by decreasing blood flow
- Nicotine can lead to ulcers



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Another healthy habit is to avoid smoking.

We strongly suggest you DO NOT use any nicotine-containing products at all after surgery.

Smoking and other products with nicotine decreases blood flow throughout the body, which delays healing. It can also lead to ulcers.

Avoid Alcohol

- Blood alcohol level increases more quickly after weight loss surgery
- Alcohol is liquid calories with no nutritional value
- At risk for Addiction Transfer



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Another healthy habit is to avoid alcohol.

After weight loss surgery, your blood alcohol level will increase more quickly and stay higher for a longer period of time.

This means it will take fewer drinks to feel drunk and be over the legal limit.

Either way, you should NEVER drink and drive.

Another reason to avoid alcohol is that it is high liquid calories and has no nutritional value.

Weight loss surgery also puts you at risk for Addiction Transfer.

Addiction Transfer is when you become addicted to another behavior or substance after being treated for an addiction. Diet and surgery treat obesity but the unhealthy eating habits or food addictions that you may have had before surgery can be replaced by alcohol, drugs, gambling, compulsive shopping or other addictions.

Meeting with a psychologist or therapist can help you avoid addiction transfer after your surgery if you are concerned about this happening.

Take care of your mental health

- See a psychologist or therapist after surgery if:
 - You are feeling depressed
 - You are having trouble changing your behaviors
 - You have concerns about addiction transfer
 - You are struggling with seeing changes in your body from the rapid weight loss
 - You feel a loss of friends or have marital problems after weight loss surgery



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Along with taking care of your physical health,
it's important to take care of your mental health.

It is important to see a psychologist or therapist after surgery:

- if you are feeling depressed, having trouble changing your behaviors, or have concerns about addiction transfer.
- if you feel you are struggling with seeing the changes in your body due to rapid weight loss after surgery.
- if you feel a loss of friends or have marital problems after weight loss surgery.

Attend a support group

- Find a support group
 - Support from others can help you be more successful
 - Your care team can give you a list of support groups to try out



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Ask others for support: family, friends or people you meet in support group.

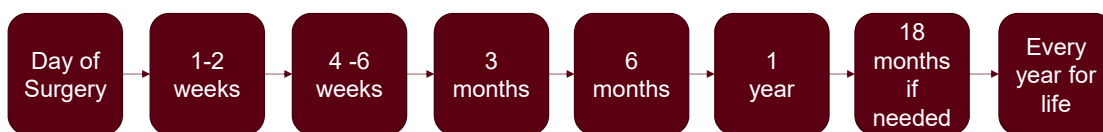
Many people find it very helpful to speak with others who have had weight-loss surgery. Your care team can provide you with a list of support groups to try out.

<https://www.fairview.org/Overarching-Care/Weight-Loss-Surgery-and-Medical-Weight-Management/Weight-Loss-Surgery-Support-Group>

Attend follow-up appointments

- Routine clinic visits
 - What is going well?
 - Check labs at 3 or 6 months, every year, and as needed.
- Non-routine clinic visits
 - What is not going well?
 - Check labs.
 - More studies or treatments may be ordered.

Schedule of routine clinic visits after weight-loss surgery:



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The last healthy habit to develop is to attend all of your follow-up appointments. Having weight loss surgery is a lifelong commitment to be healthy.

That is why it is important to schedule regular follow-ups visits and lab tests.

These appointments help you stay on track or get back on track with your goals and let us answer any questions you have.

Your Care Team will remind you when you need to follow up.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: Follow-up visits are optional.

Answer



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True or false: Follow-up visits are optional.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: Follow-up visits are optional.

Answer

FALSE - Follow-up visits are not optional.



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False: Follow-up visits are not optional.

You will need the help of your care team after surgery to make sure your weight loss is successful.

Time for a question

TRUE or FALSE

Question

TRUE or FALSE: I found this presentation helpful.

Answer

- Yes
- No



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And one last question. This is another true or false question, but this time there is no right or wrong answer!

I found this presentation helpful.

- a. Yes
- b. No

Congratulations!

- Thank you for watching this required presentation.
- Your care team may modify some or all of the information in these slides to fit your specific situation.
- **Always follow the guidelines your care team gives you.**

Contributing authors: Donna Ziemer-Ditzel, RN, Ruth Brumfield, RN, Emily Feig, RN, Amy Swenson, RN, Tracy Hespan, LPN, Amy Semenchuk, RN, Barbara Sampson, MS, RN



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This is the end of your After Weight Loss Surgery presentation. You are now better prepared for what to do after surgery! If you have any questions about your surgery, hospital stay or the recovery time, please feel free to call us or send us a MyChart message.

Please note that your care team may modify some or all of the information in these slides to fit your specific situation.

Always follow the guidelines your care team gives you.

Thank you.

<https://www.fairview.org/overarching-care/weight-loss-surgery-and-medical-weight-management/weight-loss-surgery>

THE END



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