

Before Your Weight Loss Surgery

Comprehensive Weight Management Program



A collaboration among the University of Minnesota,
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Welcome to the Before Your Weight Loss Surgery Presentation.
This is required before 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:

- How to prepare for surgery
- What to expect before surgery
- What to expect while you are in the hospital



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This presentation will share with you:
how to prepare for surgery,
what to expect during your hospital stay
what you can do to reduce the risk of problems and promote healing.

If you have any questions about your surgery,
outcomes or risks other than those covered today,
please **discuss** with your doctor at your appointment.

If your doctor's orders differ from the details given in these slides,
please follow your doctor's orders.

Preparing for surgery

- Appointments before surgery
- Lifestyle changes to work on



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Your recovery from surgery actually begins weeks before your surgery. Over the next few slides, you'll learn about the appointments you'll need to have before surgery.

You will also learn about other details that need attention before surgery.

Appointments before surgery:

- Initial consultation visit with a provider
- Clearances
- Dietitian visits
- Surgeon visit
- Nurse visit
- Pre-operative history and physical



To begin, let's look at the appointments you will have with your CARE TEAM before your surgery.

These include

- An initial consultation visit with a provider
- dietitian visits
- an appointment with your surgeon
- a meeting with the nurse
- and a pre-operative history and physical.

What to expect

Initial consultation

Initial consultation

- Tasklist
 - Clearances
 - Lifestyle changes



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At your initial consultation visit, we give you a task list of things to complete before your insurance company or surgeon will approve the surgery.

We make the task list based on your insurance requirements and your medical history. You may be asked to get a clearance or approval from other specialists to have this surgery. You will be asked to practice healthy lifestyle changes before surgery.

We expect it will take 3 to 6 months to complete everything on this list. Watching this presentation is one of the tasks on the list.

Insurance information

- Ask your insurance company about
 - Coverage for surgery and visits?
 - Exclusion?
 - In Network?
 - Out-of-pocket costs?
- To schedule the initial consultation, call 612-336-2727



Before or shortly after your initial consultation visit it's important to call your insurance company about coverage for surgery and related visits.

-Ask if they have an "EXCLUSION" for weight loss surgery
AND please call us if your insurance company has an EXCLUSION.

If your insurance company has an exclusion,
they will NOT pay for the surgery, no matter what information we send them.

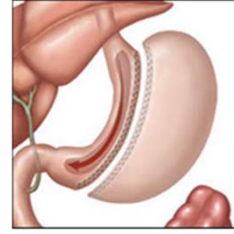
It's also important to ask if our program is in your network and what the out-of-pocket costs may be.

Please ask your insurance company about coverage if you did not already talk to them after this first visit.

If you haven't already had this initial consultation visit or didn't get a task list, call our Contact Center at 612-336-2727 to schedule an appointment.

Types of weight loss surgery:

- Vertical sleeve gastrectomy (VSG)
- Roux-en-Y gastric bypass (RYGB)
- To learn more:
 - Read the “Making Your Decision” handout
 - Watch the Weight-loss Seminar



At the initial consultation, you will review our most common types of weight-loss surgeries.

The Vertical Sleeve Gastrectomy (VSG), where the surgeon removes most of your stomach, leaving behind a stomach shaped like a banana.

The Roux-en-Y Gastric Bypass (RYGB), where the surgeon separates part of the stomach from the rest of the stomach and forms it into a smaller pouch. Then they divide your intestines and reconnect them into a “Y” shape. This way, your food avoids most of your stomach. Instead, it goes right from the pouch into the small intestines.

To learn more about these, read our Making Your Decision handout or watch our Weight-loss Seminar.

Lifestyle changes:

- Avoid nicotine
- Avoid caffeine
- Be active



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Avoid nicotine

- Stay off of nicotine before and after surgery.
- Nicotine use:
 - Delays healing
 - Increases chance of infection at the incision
 - Increases chance of blood clots
 - Increases chance of stomach ulcers
 - Increases breathing problems after surgery

As hard as it is to stop smoking or using nicotine (tobacco) products, you must do so both before and after surgery.

This is important because nicotine and other harmful chemicals from cigarette smoking can cause many problems during and after surgery, including:

- Delays healing of the incision (surgical cut)
- Increases your chance of infection at your incision
- Increases your chance of blood clots
- Increases your chance of stomach ulcers
- Increases breathing (respiratory) problems after surgery

Avoid nicotine

- Sources of nicotine:
 - Cigarettes
 - E-cigarettes
 - Cigars
 - Chewing tobacco
 - Nicotine gum, lozenges, patches
 - Hookahs



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Sources of nicotine include:

Cigarettes

E-cigarettes

Cigars

Chewing tobacco

Nicotine gum, lozenges, patches

Avoid nicotine

- Stop using all nicotine products at least 3 months before surgery.
- We check your nicotine level:
 - At least 1 month after stopping all nicotine products
 - At least 2 months before surgery
- We will postpone surgery if you test positive for any nicotine.

You should have stopped using all nicotine products at least 3 months before surgery. This includes cigarettes, e-cigarettes, cigars, hookahs, chewing tobacco, nicotine gum, lozenges and patches.

If you have a history of using nicotine products, you can check with your care team to schedule a lab test for your nicotine level.

We will test you at least 1 month after stopping all nicotine products, and at least 2 months before surgery.

Please note that it can take up to 7 days to get the results back.

If you test positive for any level of nicotine, your surgery will be postponed until you test negative.

Avoid caffeine

- Stay away from caffeine before and after surgery.
- Caffeine use can lead to ulcers and irritation.
- Sources of caffeine:
 - Coffee
 - Chocolate and Cocoa
 - Soda pop and Non-herbal teas
- Even caffeine-free drinks have some caffeine

It is also an important time to work on stopping caffeine before surgery.
It can lead to ulcers and irritation of the pouch.

Sources of caffeine include:

Coffee

Chocolate

Cocoa

Soda pop and

Non-herbal teas

Even caffeine-free drinks have some caffeine

Dietitian visits

- Discuss healthy choices with diet and exercise to lose weight.
- Discuss eating and drinking guidelines to use after surgery and to practice beforehand.



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Your insurance company and our program require you to meet with a dietitian monthly for 2 to 6 months before you can have weight-loss surgery.

During these visits, you will discuss healthy choices with diet and exercise to help you lose weight before surgery.

Surgery is safer when you lose weight beforehand.

You will also discuss new eating and drinking guidelines to practice before surgery.

These will help you be more successful after surgery.

Surgeon visit

- During the visit:
 - Review the type of surgery and answer your questions.
- After the visit:
 - Call us to confirm a surgery date and set up final appointments.



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When you've completed your pre-surgery task list, call your care team to set up your visit with the surgeon.

This visit is usually a month before surgery. Sometimes we have the patients see the surgeon earlier, before all their tasks are done to discuss the surgery and requirements.

During your visit with the surgeon, you will review the risks and benefits of your planned surgery. The surgeon can also answer any questions you may have.

If you're taking estrogen – in birth control or hormone replacement pills – stop taking it 1 month before surgery. When you stop birth control pills that have estrogen, you must use 2 other forms of birth control.

Once all your tasks are done and you have met the surgeon, the scheduler will submit the application to your insurance to obtain “prior authorization” for the weight-loss surgery. The scheduler can also confirm your surgery date and help set up any appointments you still need.



What to expect

Within 30 days of surgery

Nurse visit

- Make sure you are at your pre-surgery weight goal.
- Get pre-surgery instructions and ask any questions.
- Complete forms:
 - Family medical leave (FMLA)
 - Health care directive

During the clinic visit or class, the nurse will go into more detail about what to expect the month before surgery, the time in the hospital, and after surgery.

This presentation will help you to prepare for the nurse visit.
Feel free to write down any questions to ask the nurse.

Plan to be at your pre-surgery goal weight that was determined at the initial consultation.
Losing weight before surgery can make the surgery safer.

It's key to plan ahead if you want to fill out a Family Medical Leave Act (FMLA) form.
Your care team will complete this for you.
Please tell your care team what date you would like to go back to work.
We recommend patients take 2 weeks off from work.
Sign your paperwork before you give it to your care team, if signatures are needed.

You should also write a health care directive. A health care directive, also called an advanced directive, is a written legal document that states what health care you would want if you could not speak for yourself. It tells your family and care team about your wishes for treatment.

Pre-operative history and physical

- Before the appointment:
 - Schedule this between 7 and 30 days before surgery
 - Discuss where to have this appointment
- During the appointment:
 - Review your current health and anesthesia plan
 - Discuss medications
- After the appointment:
 - Schedule lab work



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You will need to schedule a pre-operative history and physical between 7 and 30 days before surgery.

For some locations, you will be asked to go to your primary care provider for the history and physical.

If you are a UMMC patient, you will be asked to go to the Pre-Assessment Clinic for the history and physical.

During the visit, the provider reviews your medical history, your current health and any test results. Your provider uses all this information to create your history and physical. This information alerts the anesthesia team to anything that may affect your safety during surgery. Rarely, we may need to postpone your surgery because of the test results.

The provider also discusses what medications to hold or stop before surgery.

-If you take anti-depressants, they may have to be weaned down before surgery and up after.

-If you are taking Phentermine or any type of medicine that decreases your hunger, you must stop these medicines before surgery for your safety.

-Please discuss with your care team when to stop and restart any weight-loss medicines.

Dietitian visit

- Within one month of surgery:
 - Review post-op diet to follow for the first month.
 - Schedule follow-up visits as recommended after surgery.
- Two weeks before surgery:
 - You may be instructed to follow a liquid diet starting at 2 weeks, check with your dietitian for your specific plan.



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Within one month of surgery, it is important to meet with the dietitian. At this visit, you will review how your diet needs to change for the first month after surgery so your body has time to heal.

Your dietitian will also keep helping you with diet changes after surgery. You will need to schedule dietitian visits based on your care team's recommendations.

At 2 to 3 weeks before surgery:

-If your care team asked you to be on a liquid diet prior to surgery, start that as directed.

What to expect

Within 2 weeks of surgery

Calls to make ahead of time:

- Ask for help with:
 - Grocery shopping and preparing meals
 - Household chores (cleaning, laundry, pet care)
 - Yard work
 - Staying with you after surgery
 - Getting rides



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Within 2 weeks of surgery, it is helpful to finalize who can help you before and after surgery.

You may need help with grocery shopping, preparing your meals, household chores and keeping up with yard work.

Ask someone to plan on driving you home from the hospital and staying with you for at least the first 1 to 2 nights.

You will also need someone to drive you to appointments and other activities when you are on prescription pain medicine that may make you drowsy. This could be the first 1 to 2 weeks.

By asking people to help out early, they can plan ahead and be ready.

Calls to make: Pre-register

- Pre-register:
 - By phone:
 - M Health Fairview location: 612-672-2000
 - HealthEast location: 651-232-5855
 - On-line: www.fairview.org
- You will need:
 - Surgery and doctor information.
 - Personal and insurance information.



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You will also need to pre-register for surgery with the hospital.
You can do this on-line at www.fairview.org or by phone.

The website will tell you what details you will need to complete the on-line form.

You will need:

The date and location of your surgery.

The name of your surgeon, primary doctor and referring doctor.

Your current address and phone numbers, including your home, work and cell phone.

The name, address and phone number of your employer.

The name and phone number of your emergency contact.

And finally, your insurance details. Please have all your insurance cards with you.

The reason for this pre-registration is to make sure none of these details have changed since we last put them into your chart.



What to expect

Within 1 week of surgery

Preparations

- Breathing exercises
- Relaxation exercises
- Get groceries
 - E-store
- Make post-op appointments if not already scheduled
 - Provider
 - Dietitian
 - Psychologist



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1 week before surgery:

-Start practicing your breathing exercises.

This is a key exercise you will be doing often after surgery.

-Start practicing your relaxation exercises such as deep breathing, music and meditation.

This can help decrease stress and discomfort.

-Get groceries: Our E-store is available.

-It's also a good time to make your postop appointments with the provider, dietitian and psychologist if they have not already been scheduled.

Pack for the hospital

- Paperwork
 - Insurance information
 - Health Care Directive
 - Medication list
- Personal items
- Comfortable clothes
- Protein drinks

A couple of days before your surgery is a good time to pack the paperwork you will need at the hospital.

-This includes insurance information and a copy of your health care directive.

-You should also bring a list of your current medicines with how much and how often you take them.

DO NOT bring any of your medicines to the hospital unless we tell you to do so. The hospital will have the medicines you will need and you will not be allowed to take your own.

-There are some exceptions. Medicines you may bring to the hospital: Inhalers, study drugs, non-estrogen containing birth control pills, topical creams or eye drops.

Pack your personal items such as glasses, contacts, and hearing aids with their cases labeled.

-You should pack clean, loose-fitting clothing like sweatpants, T-shirts, a robe, comfortable tennis shoes and toiletries for 2 days in the hospital.

-You can also bring a couple protein shakes that you like if you want to drink them while in the hospital. Protein shakes will be provided in the hospital but some people have a preference in taste.

Time for a question

TRUE or FALSE

Question

You may bring your own medicine to take while in the hospital if it's an inhaler.

Answer



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True or false: You may bring your own medicine to take while in the hospital if it's an inhaler.

Time for a question

TRUE or FALSE

Question

You may bring your own medicine to take while in the hospital if it's an inhaler.

Answer

TRUE – The only medicines you can bring to the hospital are inhalers, study drugs, non-estrogen-containing birth control pills, topical creams and eye drops.



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TRUE – The only medicines you can bring to the hospital are inhalers, study drugs, non-estrogen-containing birth control pills, topical creams and eye drops.

Check-in call

- Call from hospital:
 - Get details about the check-in
 - Share updates about your health
 - Ask about visitors

You will also get a call from the hospital with details about your check-in.

-This includes the time you should arrive and where you should park and enter the hospital.

This is also an important time to update your care team on ANY changes in your health.

-You should tell them about any changes all the way up to your surgery.

-This includes sore throat, runny nose, cough, fever, dental problems and trouble going to the bathroom and skin problems such as a rash, scrape or cut.

Be sure to ask if you can have visitors, how many, and when they can be with you.



What to expect

Within 1 day of surgery

The day before diet

- Clear liquid diet starting in the morning
 - Liquids you can see through
 - No gum, candy or alcohol
- Stop drinking after midnight
 - Sips of water only with meds as directed.



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24 hours before surgery or the morning before, we want you to start your clear liquid diet.

- Stop eating solid foods and only drink clear liquids.
- Clear liquids are liquids that you can see through.
- Your care team will give you a list of liquids to choose from.
- Also don't chew gum or eat candy.
- Alcohol is not considered an appropriate clear liquid.

If you are diabetic and taking medicine to lower your blood sugars, continue on clear liquids with sugar and continue to check your blood sugars.

No Cheating.

If you do not follow a clear liquid diet, your surgery may not be safe and could be cancelled.

Stop drinking clear liquids after midnight.

- To take medicine, you can take sips of water as directed by your care team up until 3 hours before check-in.

The day before things to do

- Confirm your ride to and from the hospital.
- Shower the evening before
 - Follow instructions with recommended soap
- Remove body piercings and all jewelry.



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During this day, you should confirm your ride to and from the hospital.
-It doesn't hurt to double check the address of the hospital too.

Shower the evening before your surgery.

Follow the instructions the nurse gives to you:

- You can use Scrub Care, Hibiclens or other germ-killing soap.
- You can wash your hair with your regular shampoo.
- DO NOT shave your surgical site.
- DO NOT apply hair spray, mousse or any hair product with alcohol, lotions or powders after your shower.
- Get into clean pajamas and clean bedding after your shower.

Before bed:

- Make sure you have taken all piercings out of your body.
 - Remove artificial nails or nail polish on at least one finger of each hand.
 - It's a good time to remove any jewelry such as rings, too.
- The hospital is not responsible for lost items.
- They'll be safe at home when you return.



What to expect

Day of surgery

The day of surgery

- Do not eat or drink
 - Take morning medicines (if needed)
- Bring special equipment
 - Label your personal items
- Shower with special surgical soap
- Call hospital if changes in health
- Arrive 2 hours before surgery time



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On the morning of your surgery:

- Do not eat or drink anything.
- If your doctor says it's okay to take your morning medicine, you can take it with sips of water as directed by your care team.

Don't forget to pack any special equipment you will need.

- If you use a CPAP, you must bring it with you to the hospital.**
- If you have any adaptive equipment like a cane or walker, pack that as well.
- PLEASE be sure to label all your personal items with your name.

Take a second shower the morning of surgery using the special surgical soap.

- Get into clean clothing.
- DO NOT apply hair spray, mousse or any hair product with alcohol, lotions or powders after your shower.

Call the hospital or clinic if you have cold or flu-like symptoms.

- Also call the hospital or clinic if you have a cut, scrape or rash on the surgical site or elsewhere. These can delay your surgery.

Plan to arrive 2 hours before your surgery time.

Time for a question

TRUE or FALSE

Question

True or false: It is okay for you to take a sip of water with medicine the morning of surgery?

Answer



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True or false: It is okay for you to take a sip of water with medicine the morning of surgery?

Time for a question

TRUE or FALSE

Question

True or false: It is okay for you to take a sip of water with medicine the morning of surgery?

Answer

TRUE – If your doctor says it's okay to take your morning medicine, you can take it with sips of water as directed by your care team.



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TRUE – If your doctor says it's okay to take your morning medicine, you can take it with sips of water as directed by your care team.

Time for a question

TRUE or FALSE

Question

How many showers should you take with surgical soap before surgery?

- a. 1 (the morning of surgery)
- b. 2 (one in the evening and one in the morning)
- c. 4 (two in the evening and two in the morning)
- d. none

Answer



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How many showers should you take with surgical soap before surgery?

- a. 1 (the morning of surgery)
- b. 2 (one in the evening and one in the morning)
- c. 4 (two in the evening and two in the morning)
- d. none

Time for a question

TRUE or FALSE

Question

How many showers should you take with surgical soap before surgery?

- a. 1 (the morning of surgery)
- b. 2 (one in the evening and one in the morning)
- c. 4 (two in the evening and two in the morning)
- d. none

Answer

B. 2 showers (one in the evening before surgery and one the morning of surgery).
This helps prevent infection.



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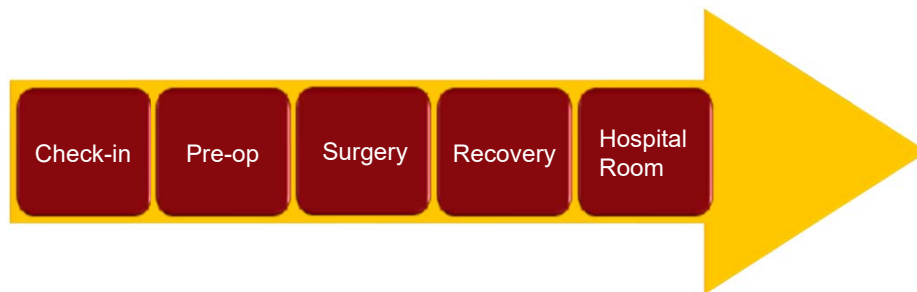
B. 2 showers (one in the evening before surgery and one the morning of surgery).
This helps prevent infection.



What to expect

At the hospital

What to expect: Day of surgery



Over the next few slides, you will learn what to expect the day of your surgery.

The five steps of your surgery day will be check-in, pre-op, surgery, recovery, and a stay in a hospital room.

Check-in

- Health history
- Vital signs
- ID and allergy bracelet
- Consent forms
- Meet with surgeon, O.R. nurses and anesthesia team



Check-in



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When you arrive to the hospital on the day of your surgery:

-We will review your health history with you. This includes everything from your allergies to specific pain medicines that work well for you.

-We will take your vital signs, including your weight, neck size, temperature, blood pressure and pulse. Your anesthesia team uses this information when they help you sleep during the surgery.

-You will be asked to change into a hospital gown and use the restroom.

-We will have you put on an ID and allergy bracelet. Your hospital care team will check your bracelet often and ask your name every time they give you a medicine or treatment. You may find it annoying, but we do this for your safety during your hospital stay.

-We will wipe down your belly with germ-killing wipes.

-You will read and sign a consent form about the risks and benefits of the procedure.

Please feel free to ask about anything you're confused or concerned about before you sign.

-You will meet with your surgeon and the O.R. nurses.

-You will also meet members of the anesthesia team. They decide what medicine is best for you after reviewing your chart and talking with you and your surgeon.

-Be sure to tell them about any surgery you have had before and if you had any problems with the anesthesia.

Pre-operative area

- Special equipment:
 - Oximeter and Oxygen
 - IV
 - Heart monitor
 - Foot wraps



We will attach special equipment to you in the pre-operative area.

These items help us keep you safe during surgery.

-An oximeter measures the oxygen in your blood. It will tell us how much extra oxygen we will need to give you while the anesthesia medicine is working.

-An intravenous (IV) line gives you medicine and fluids through a small needle in your vein.

-A heart monitor measures your heart rate and rhythm.

-The heart monitor attaches to your body using sticky EKG patches.

-Special wraps on your feet and lower legs help improve blood circulation and decrease risk of blood clots.

-You will receive a blood thinner before surgery to prevent blood clots.

This will continue until you go home.

-We may also clip or shave any hair at your incision site.

-We may put special blankets on you to keep you warm in the operating room.

Operating room

- Sleeve gastrectomy: 1 to 3 hours
- Roux-en-Y gastric bypass: 1 ½ to 3 ½ hours



How long the surgery takes depends on what type of surgery you are having.
Sleeve Gastrectomy is usually 1 to 3 hours
Roux-en-Y Gastric Bypass is usually 1½ to 3½ hours

These times include when we're putting you to sleep with anesthesia, as well as waking you up after.

Operating room

- 5 small incisions
- ½ inch long
- Closed with 2-3 staples, steri-strip tape, glue or absorbable stitches



- You will have 5 small incisions, or surgical cuts, after surgery.
- Each cut is about half an inch long.
- After surgery, these are closed with 2 to 3 staples, steri-strip tape, glue or stitches under the skin, or a combination of these.
- After the surgery, your surgeon will tell you which method or combination of methods were used.
- If you have staples, we'll remove them and replace them with steri-strips, either before you go home or at a follow-up visit.
- If you have steri-strips, you can take them off if they don't fall off after 1 to 2 weeks. Replace them with clean band aids. Try to avoid touching the incision.
- If you have stitches (sutures) under your skin, your body will absorb these in a month or two.

Recovery area

- Lasts up to a few hours
- Vital signs checked often
- Use incentive spirometer
- May still be connected to medical equipment
- Keep nurses informed



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Once your surgery is done, we will take you to a recovery room.

- Here, the nurses will watch you while you're waking up. This usually takes about 1 to 2 hours.
- The nurses will check your vital signs often.
- They will also ask you to cough, do deep breathing exercises and use the incentive spirometer.
- You may also still have an IV line in your arm, a clip on your finger to measure oxygen and a tube in your nose for extra oxygen. We will remove these when you no longer need them.

Be sure to tell the nurse about how you are feeling. This is especially important if you have nausea, pain or feel cold.

- Voices may sound louder than usual, your thoughts may be unclear and your vision may be blurry.
- You may also have dry mouth, sleepiness, dizziness or weakness.
- You may feel pressure in your belly or shoulder from the air we pumped into your belly.

Hospital room

- When you are awake and stable
- Move every 2 hours
- Walk 4 to 6 times a day
- Do leg and breathing exercises hourly
- Use incentive spirometer hourly
- Sip water



You will be busy during your short time in the hospital:

-Change which side you're resting on every 2 hours. The staff can help you with this, if needed. This can stop sores from forming on your skin.

-Take small walks 4 to 6 times a day and increase your distance a little each time. Do the leg exercises your nurse teaches you to do. These activities help prevent blood clots by keeping your blood flowing.

-Use a device called the incentive spirometer and do breathing exercises every hour. These activities help prevent pneumonia.

-Sip water and other liquids as directed by the dietitian and nurse.

-Drink 30 milliliters every 30 minutes for the first 4 hours and gradually work up to drinking 48 to 64 ounces of water or fluids a day.

-Avoid slurping, straws or fizzy drinks.

-Avoid liquids that are too hot or too cold.

It's key to drink water and other liquids to prevent dehydration. Your IV tube used to give you fluids will be taken out when you are drinking enough water and your pain is under control.

There will be some swelling at your stomach from the surgery that will make it harder to tolerate liquids and food at first.

-So it's important to sip slowly and avoid all solid foods.

-Your dietitian will tell you when you can change your diet from liquids to solid food.

Time for a question

TRUE or FALSE

Question

True or false: Walking after surgery can help prevent blood clots.

Answer



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True or False: Walking after surgery can help prevent blood clots.

Time for a question

TRUE or FALSE

Question

True or false: Walking after surgery can help prevent blood clots.

Answer

TRUE – Walking after surgery increases blood flow through the body. This helps prevent blood clots and pneumonia.



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True – Walking after surgery increases blood flow through the body. This helps prevent blood clots and pneumonia.

Pain management

- Discuss your pain with your nurse:
 - Is your pain getting better or worse?
 - Are the pain medicines and other ways to manage pain working to make you comfortable?
 - Does the pain affect how active you are or your ability to sleep?
- Stay ahead of the pain
- Report other symptoms

Weight-loss surgery is major surgery, so there will be pain after. Our goal is to make you as comfortable as possible so you can be up and moving around to prevent blood clots and pneumonia and help you heal faster.

Your nurse will ask questions to find out about your pain and what is working to decrease it.

Everyone feels pain in a different way, so the nurse depends on you to tell them how you feel. You and your nurse can work TOGETHER to stay ahead of the pain.

-Don't wait until the pain is unbearable to ask for pain medicine.

-To help control your pain, let the nurse know when your pain starts to increase.

-Tell your nurse if the pain medicine isn't working or is causing a rash or making you feel like you may throw up.

Before you go home, you will start taking pain medicine by mouth. We encourage you to take Tylenol on a regular basis so you will need less of the prescribed pain medicine.

-Don't take more than 3,000 mg of Tylenol in 24 hours.

Pain management

- Ways to manage pain without medicine:
 - Create a diversion
 - Use aromatherapy
 - Use guided imagery
 - Focus on slow, deep breathing
 - Take deep sighs
 - Go for walks

There are different ways to manage pain and make you comfortable besides medication.

These ways include:

- Creating a diversion with music or the TV
- Using aromatherapy like lavender to relax
- Using guided imagery by focusing on something pleasant
- Focusing on slowly breathing in and slowly breathing out
- Taking deep sighs
- Going for walks to move your muscles

Report other symptoms

Let the nurse know if you have other symptoms such as:

- Sore throat
- Headache
- Nausea
- Fatigue
- Anxiety
- Shortness of breath
- Chest pain
- Trouble sleeping



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Beside pain, let the nurse know if you have other symptoms such as:

- Sore throat
- Headache
- Nausea
- Fatigue
- Anxiety
- Shortness of breath
- Chest pain
- Trouble sleeping
- If something feels unusual or doesn't feel right

Before you go home

- Be active
- Have a stable blood pressure and heart rate
- Know how to manage your pain
- Know how to take your medicine



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Before you can leave the hospital, you will need to meet certain goals.
You will need to show you can do some key activities by yourself or with little help.

- Walk a certain distance
- Climb stairs
- Get on and off the toilet
- Shower or bathe at the sink
- Get in and out of bed or a recliner
- Be able to get out of your home in case of an emergency.

You will need to have stable blood pressure and heart rate.

You will need to know how to manage your pain.

You will need to know which medicines to take and how to take them.

-You will only be taking liquid medicines, crushed medicines or pills less than ¼ inch for the first month after surgery.

-This is because of the swelling in your stomach after surgery.

-Before you go home from the hospital, we can order medicine in liquid, chewable or crushable forms for you.

When you get ready to go home

- Length of stay:
 - Sleeve gastrectomy: 1 to 2 days
 - Roux-en-Y gastric bypass: 1 to 2 days
- Discharge instructions
 - Should include follow-up appointments
- Pain medicine

Most patients go home 1 to 2 days after surgery.

You will be given written instructions and prescriptions for home medications.

-These instructions should include your follow-up appointments.

-Please have the pain medication prescriptions filled at the hospital pharmacy before you go home.

Time for a question

TRUE or FALSE

Question

True or false: All patients need a family member or friend to drive them home.

Answer



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True or False: All patients need a family member or friend to drive them home.

Time for a question

TRUE or FALSE

Question

True or false: All patients need a family member or friend to drive them home.

Answer

TRUE – Please have a family member or friend drive you home.



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True - Please have a family member or friend drive you home and stay with you for the first couple of days.

Time for a question

YES or NO

Question
I found this presentation helpful.

Answer



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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.**
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Congratulations! This is the end of your Before Weight Loss Surgery presentation. You should now be better prepared for your surgery! If you have any questions about your surgery, the recovery or your hospital stay, please feel free to call us or ask us questions during your clinic appointment.

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 to be successful in your journey. Thank you.

THE END



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