



## Surgical Consultants of Dallas, L.L.C

The name of your operation is **robotic / laparoscopic sleeve gastrectomy**, which means that a portion of your stomach was removed for weight loss purpose. The operation went well.

### Follow-up Contacts

If you have questions about your condition, please call (972) 566-7860 to contact SURGICAL CONSULTANTS OF DALLAS. This number will be answered by our office during business hours and connect with an answering service at night and on weekends.

Specifically, call for any of the following:

- You experience abdominal pain or shortness of breath after leaving the hospital.
- The area around your incisions becomes very red, increasingly tender, or begins to drain pus. Small amounts of blood-tinged fluid and mild redness are common and are no cause for concern.
- Your temperature goes above 100.0° F (38° C).
- You develop persistent vomiting, diarrhea, or constipation.
- You feel as if you are getting sick instead of well.
- If you are considering contacting your other doctors or going to an emergency room for something related to the operation, please **first call** SURGICAL CONSULTANTS OF DALLAS (972) 566-7860. You will reach the office during business hours or be automatically forwarded to the on-call doctor if it is after hours.

Please phone (972) 566-7860 to make a follow-up appointment within 10-14 days. You may leave a message, and your call will be returned within one business day.

### Diet

It is very important that you adhere to your liquid diet and liquid protein supplement that was recommended to you after your surgery for 4 weeks. It is also advised to avoid carbonated drinks.

### Pain Control and Other Medications

When you leave the hospital, you will have a prescription for medicine to help with the pain from your incisions. Have it filled at the pharmacy near your home. Your surgeon will go over which pre-op medications to continue after surgery. In some cases, he will want you to change some of your medications immediately after surgery. You will need to avoid NSAIDs or steroids after the operation as well.



## **Bowel Movements**

Bowel movements may be irregular for several weeks, but they gradually return to normal. Pain medicine may make you constipated, and as the need for pain medicine decreases, so will the constipation. If you go for more than a couple of days without having a bowel movement, try eating prunes or taking a gentle laxative, such as milk of magnesia.

## **The Incision**

Your incisions are closed with absorbable sutures and surgical glue. You may take showers or baths and allow soap and water to wash over incision. The glue will peel off in 10-14 days.

## **Activity**

It is common in the first few days at home to feel a little more tired than expected. This comes from the increased activity involved in moving around the home. It is not a problem, and is no reason to limit your activity. Just compensate by getting extra rest.

- You may return to full activity after your follow-up appointment.
- You may perform normal daily activities as you feel up to it. This includes walking up and down stairs, walking outside the house, traveling as a passenger in a car or a plane, etc.
- Do not drive while taking narcotic pain medications.