

Post-Operative Instructions Gastric Band Placement

The gastric band is an effective tool that enables sustained weight loss. In order to achieve the best result post, the gastric band replacement, you must follow simple guidelines which are described as follows.

Confirm your postoperative visit 10 days after surgery.

Steps For Caring The Wound After Surgery:

- Remove the bandage, if any, after 24 hrs of surgery, leaving the steri-strips as they may fall off on their own.
- The skin glue that is used to seal your surgical incision helps in dissolving the sutures. The glue strengthens your sutures and makes your incision waterproof so that you can take a shower.
- You can take a shower only after 24 hrs of surgery. After the bath, dry the surgical incision and cover with gauze, if required.
- Do not immerse yourself in a water tub or drench for a longer time.
- During the first 24 hrs of surgery, you may use an ice bag for swelling and later heat-pad, if needed.
- You may observe a knot under your surgical incision for several months after surgery.
- Take liquid pain medication as prescribed by the doctor at the time of discharge.

Diet After Operation

You must be restrictive on your diet after surgery till your follow up with the doctor. Initially, you should be on a liquid diet. Even sipping the liquids faster may cause vomits, so please be careful. Along with other prescribed medicines, you should take chewable multi-vitamins daily twice.

Plan Your 6 Weeks Post-Operation

- Walk regularly and the more you can.
- Do not do any strenuous exercises that may create tension in the abdomen.
- Do not hold more than 20 pounds of load.
- Running and biking can be done at your convenience.
- Avoid driving until you recover from pain.
- Avoid prolonged bed rest.

Handling Constipation and Bloating

- Increasing activity helps in reducing your bloating.
- Drink plenty of water, especially morning to overcome constipation.
- Medication usually cause constipation. Use a suitable stool softener such as mineral oil or a laxative.

Smoking

If the surgical patient has a smoking habit, it can create a multitude of problems in the patient's recovery. The patient should not smoke two months before and two months after the surgery.

Contact Us If:

- You have a temperature of 100.5 degrees or higher.
- You have developed unusual symptoms at the surgery place, which may include bleeding, redness, tenderness, etc.
- Your skin or eyes are turning yellow.
- You are experiencing shortness of breath.
- When you cannot keep down the fluids.
- You did not urinate even once within 8hrs of surgery.
- In case of excess of pain.

Refilling Medication:

Please contact the pharmacy directly. The refills are expedited when the pharmacy is contacting our office.