



## Laparoscopic Sleeve Gastrectomy Pre-op and Post-op Instructions

### Medication Guidelines Prior to Surgery

1. Beginning 1 week before surgery, **do not take any aspirin, or any other type of blood thinners, herbal medication (including St. John's Wort, Ginkgo Biloba, Garlic, Kava Kava and Valerian Root) or NSAIDS ( Motrin or ibuprofen, Aleve, or Naprosyn, Celebrex or Celecoxib, Mobic or Meloxicam, etc.)**. Tylenol or Tylenol Arthritis 650 mg every 4 hours as needed is safe.
2. **DO NOT SMOKE!!! You must stop smoking and cannot start smoking after surgery. Smoking decreases your healing process.**
3. Continue your EXERCISE program. This will help you and your recovery after surgery.
4. Purchase your protein shake. You will be on the following diet starting two weeks before your surgery day and a liquid diet for the first 3 weeks after your surgery.

### Liquid Diet Guidelines 2 Weeks Prior to Surgery

Beginning 2 weeks before surgery begin this diet and make the changes below to your diet: You need to have 60-70 grams of protein per day and under 800 calories. **DON'T START YOUR LIQUID DIET UNTIL A SURGERY DATE HAS BEEN ARRANGED WITH SURGEON.**

#### **ELIMINATE FROM YOUR DIET:**

- All fats, butter, fatty meats, fried foods, whole milk products
- High sugar foods
- Carbonated drinks
- High carbohydrate foods, such as, breads and starches
- Bananas- they are high in sugar

#### **PURCHASE PROTEIN SHAKE:**

- Protein drinks can be mixed with water or skim milk
- While on the two week liquid diet you may also consume clear liquids
- Refer to page 2 for a list of approved clear liquids

- You need to have 60-70 grams of protein per day
- You need to consume no more than 800 calories per day

### **Day Before Surgery**

- ON THE MORNING OF THE **DAY BEFORE** SURGERY, **BEGIN A CLEAR LIQUID DIET**. This will help make the stomach and intestines easier to handle during the operation.
- Drink a 10-12 oz bottle of Magnesium Citrate (Citrate of Magnesia-available over the counter). This is a fairly strong laxative and will usually work within 4 to 8 hours.  
This helps clean out the stomach and intestines, making surgery safer.
- On the night before surgery, take a long shower or bath and clean your abdomen 3 to 4 times with soap and water. Pay special attention to cleaning your belly button area-use a q-tip.
- **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT** on the evening before surgery. You may take those medications approved by anesthesia with a sip of water as needed.

### **DIET PLAN 1 DAY BEFORE SURGERY:**

On the morning of the day before your surgery, you will need to start a clear liquid diet. This will help make your intestines and stomach easier to handle during your operation.

#### **INSTRUCTIONS:**

Liquids that you can see through at room temperature are considered clear liquids. This includes clear juices and broths. The list below will help you with your choices. (Choose sugar free or light whenever possible).

- Apple Juice, Grape Juice or Cranberry Juice
- Broth or Bouillon
- Coffee
- Tea
- Kool-Aid
- Sports Drinks
- Water

**DRINK A 10-12 OZ BOTTLE OF MAGNESIUM CITRATE.** This is a strong laxative and is needed to clean out your intestines before your surgery. Drink this by **NOON** on the day before your surgery and know that it usually works within 4-8 hours. Magnesium Citrate is available in the pharmacy section of the grocery & drug stores.

It is normal to be nervous about having weight loss surgery, but not necessary. It is a life changing event and will help you gain the control over the weight that has taken over your life. The day of the surgery will go very smoothly. Remember these important factors to help your surgery day and early post operative course go smoothly.

- DO NOT take any aspirin or blood thinner for 1 week prior to surgery.
- DO NOT eat or drink anything after midnight the night before surgery.
- DO NOT drink carbonated beverages.
- DO NOT lift anything over 10 lbs (a gallon of milk = 10 lbs) for 10 days after surgery.
- DO NOT do any strenuous exercise for 6 weeks after the surgery.
- We do recommend that you walk around immediately after the surgery. This helps not only your lungs but also to get rid of gas, speed recovery, and helps circulation. Begin slowly with getting around the first couple of days to walking ten minutes and increase to thirty minutes slowly.
- DO NOT drive a motor vehicle for 3 days after surgery.
- DO NOT take a bath, get in a hot tub, or swimming pool for at least one week. You may shower daily.
- Be sure you ask any questions you may have.
- Talk to the anesthesiologist about any problems you have had with prior surgeries due to anesthesia.
- Once you are home, be sure and try to get up occasionally and walk around while taking deep breaths. This helps to prevent your lungs from having infection and blood from clotting in your legs.
- If given an incentive spirometer upon discharge from hospital, make sure to use it as instructed by hospital.
- Call our office if you have any fever over 101, **903-462-4247**.
- Dr. Cernero uses absorbable sutures and biodegradable skin adhesive. There are no dressings or sutures to remove. If you have unusual redness or drainage please call our office.

## **Common problems that may occur after surgery:**

**GAS-** This is from a gas used during the surgery to inflate the inside of your stomach. Take Gas-X or Di-Gel for relief. Pain in the shoulder is common with gas in your body as well. Walking will help rid your body of these gases.

**CONSTIPATION-** You have decreased your food amount so this is common. Take a fiber supplement such as Metamucil and drink plenty of fluids. You may also use Milk of Magnesia or Dulcolax or Miralax.

**DEHYDRATION-** Your body just went through surgery and needs to be replenished of any lost fluids. **DRINK 8-8OZ GLASSES OF FLUID PREFERABLE WATER A DAY!!!**

## **DIET PLAN IN THE HOSPITAL**

### **STAGE ONE DIET: WATER**

1<sup>st</sup> day after surgery

On the day of your surgery, you will not be allowed to eat or drink anything. The first day after surgery, an Upper GI series will be performed to evaluate your new stomach and check for leaks-if there are no leaks, you will be cleared to start the **STAGE ONE DIET**. This diet consists of WATER ONLY.

You should drink 1 oz. of water every hour while you are awake, you need to drink water that is at room temperature, sip slowly and avoid straws.

Foodservice will send you a bottle of room temperature water and medicine cups on your meal trays (each medicine cup is 1 oz.). Using small medicine cups will help you learn to take sips and drink slowly.

## **STAGE TWO DIET: LIQUID DIET**

Hospital through 3 weeks post op

If you tolerated the Stage one diet, you will be advanced to the Stage Two Diet the next day (the second day after surgery). The Stage Two Diet is High Protein Liquid Diet. You will drink 2 oz. (1/4 cup) of a high protein fluid every hour while you are awake. In addition, you should drink 1 oz. of an appropriate clear liquid (no calories, carbonation) every 15 minutes while you are awake. Be sure to drink 2 medicine cups of the protein drink every hour and 1 medicine cup of the appropriate fluid every 15 minutes in between (for a total of 5 oz. of fluid every hour) .

**Your primary goal is to stay hydrated, so you need to drink 64 oz. of fluid daily (no caffeine, carbonation, or alcohol).** Your next goal is to consume 60-70 grams of protein **per day.** Reaching these goals will help you heal after surgery, preserve your muscle and minimize hair loss. This will take some effort on your part because you may not feel hungry and you may be fatigued. For best tolerance, take small sips, do not use straws, and do not drink ice-cold liquids. If you follow the schedule, you will meet your fluid and protein needs in 12-13 hours.

### **WHEN YOU GO HOME:**

- Start Stage Two Diet. Drink 2 servings of your Protein Shake. Also drink appropriate liquids in 1 oz. increments every 15 minutes, to total 64 oz. per day.
- Begin Walking-aim for 30 minutes at least 3 times per week.

**IF YOU ARE HAVING TROUBLE GETTING ENOUGH FLUIDS OR PROTEIN, CONTACT OUR OFFICE AT 903-462-4247. DO NOT EAT ANY SOFT OR SOLID FOOD UNTIL DAY 21 AFTER SURGERY**

### **STAGE 3 DIET INSTRUCTIONS: 3 weeks after surgery to 3 months**

You can begin eating soft foods now; however, you need to change your eating habits to avoid pain and vomiting, rupture of the staple lines and to aid in weight loss. At this time, the tissue around the staples and sutures in the stomach are very swollen and needs to heal.

All foods need to be "fork tender" or softer. Always, always, always, eat high protein foods first; you may eat carbohydrate foods if you have room after eating protein. Your goal is 70-100 grams of protein daily (15-20 grams per meal). 15-20 grams per meal is equal to 2-3 oz. of lean meat, poultry, fish, or eggs. It may take some time before you can eat the volume needed to get all of your protein in, so try adding unflavored protein to our favorite foods, or add non-fat dry milk powder to casseroles, soups, cooked cereals, etc. to increase their protein content. As time goes by, you will be able to increase your protein intake.

At this time, you are still healing from your surgery and need to limit/avoid foods that are high fiber.

**Examples of high fiber foods to avoid:** nuts, fruit and vegetable skins and salad greens.

**Examples of high fiber food to limit:** whole grain bread, whole wheat pasta, brown/wild rice, beans, and bran cereal.

**Look for foods with no more than 2-3 grams of fiber/serving.** You will be encouraged to increase your fiber intake at your 3 month appointment when your diet is advanced to regular/high protein.

You should also avoid foods that are high in fat and/or high sugar. High fat and high sugar foods will inhibit your weight loss. **Look for foods with no more than 5 grams of fat/serving.**

### **STAGE 3 DIET: EATING TECHNIQUES AND GOALS**

- Try 1 new food at a time and monitor your tolerance of that food.
- Limit your food volume to ½ cup (4 oz.)
- Take 20-30 minutes to eat every meal; take small bites and chew each bite 20-30 times. A small bite is the size of a dime. Even this dime-sized needs to be chewed 20-30 times, until it is the consistency of applesauce.
- To help you take small bites and control portions, you may want to use a saucer instead of a plate. Pay attention to taste; learn how to savor your food. Most importantly, SLOW DOWN. If you eat too fast, you do not give your stomach time

to signal your brain that you are no longer hungry. This will cause you to eat too much, not lose your maximum potential weight and you may get sick.

- Eat only at meal times and snack times; do not graze on foods throughout the day. "GRAZING" on small amounts of food throughout the day will sabotage your weight loss and result in the inability to lose an adequate amount of weight. A healthy snack is appropriate if your meals are more than 4-5 hours apart.
- Stop eating as soon as you feel satisfied. Overeating even one bite can make you vomit and can lead to stretching of the stomach. Signs of fullness: pressure or fullness at your breastbone. You will know that you ate too much if you become nauseated, vomit, or experience heartburn.
- Never drink more than 4 oz. of liquids with a meal. More fluid than this can push foods through the stomach faster, enabling you to eat more.
- **GOALS: YOU SHOULD GET 64 OZ OF FLUID PER DAY AND 40-60 GRAMS OF PROTEIN PER DAY AND A MINIMUM OF 30 MINUTES OF EXERCISE 3 TIMES PER WEEK.**

## DIET PLAN 3 WEEKS-3 MONTHS

Stage 3 Diet: High Protein/Soft

Below you will find a list of recommended foods as well as foods to avoid on the Stage 3 diet.

### RECOMMENDED SOFT FOODS

#### HIGH PROTEIN FOODS:

Eggs  
Light low fat yogurt  
Low fat cottage cheese  
Soft fish  
Small/baby shrimp, scallops, or crab  
Tuna fish  
Shredded or soft low fat cheese; low fat string cheese  
Bean & lentil dishes or soups  
Fat-free refried beans  
Hummus  
Tofu (soy) mixed in soup or vegetables

#### OTHER FOODS:

Oatmeal, cream of wheat, grits (thinned)  
Softened cold cereal

#### OTHER FOODS:

Soft fruits without skin or canned in juice  
Cooked, soft vegetables  
Soft lettuce (green leaf or Boston bib)  
Potatoes (no skin)  
Low fat soup

### SOFT FOODS TO AVOID DURING STAGE 3

#### STICKY FOODS:

Bread  
Pasta  
Rice  
Peanut Butter

#### CRUNCHY FOODS:

Raw vegetables  
Olives & pickles  
Fruit/vegetables skins  
Nuts  
Corn & popcorn

Dried fruit  
Chips  
Coconut  
Iceberg lettuce

#### TOUGH FOODS:

Overcooked or dry poultry/meat/fish  
Hot dogs

#### TOUGH FOODS:

Beef jerky natural

#### HIGH FAT FOODS:

Fried Foods  
Butter  
Margarine  
Sour Cream  
Bologna, Salami  
Mayonnaise

Cream cheese  
Regular salad dressing  
gravy  
bacon  
Whole milk

HIGH SUGAR FOODS: Desserts, Cookies, Candy, Cakes, Pastries, Soda, Kool-Aid and Sweet Tea

## **DIET PLAN 3 MONTHS AND BEYOND**

### **STAGE 4: SOLID FOODS**

At 3 months, you will again be seen by Dr. Cernero. You are ready to progress from soft foods to regular consistency foods. Below you will find some tips on how to transition from soft foods to solids foods. Remember to try solid foods one at a time, to test your tolerance to them. Do not worry if you cannot tolerate foods that you used to eat. Most people experience some problems at first. Eventually, you will be able to eat most of the healthy foods that you were eating before surgery, only in smaller portions. Overall, you should be making healthy food choices, including lean meat and low fat dairy, incorporating fruit, vegetables and whole grains regularly, and avoiding empty calories or “junk foods” as they are typically high in fat and sugar.

Long term, you must choose foods with good nutritional value. Each meal should have 3 oz. of protein balanced with a selection of vegetables. Food labels are a valuable source of information; learn to read them. The volume of food that you can tolerate will always be limited, so choose foods wisely and avoid filling up on foods with little nutritional value.

### **STAGE 4: LIFELONG EATING TECHNIQUES**

1. **EAT SLOWLY AND BE AWARE OF WHEN YOU FEEL SATISFIED.** When you are no longer hungry stop eating. If you continue to eat, you may develop intense chest pain or vomit.
2. **CHEW, CHEW, CHEW.** You need to make sure that you chew your food very well before you swallow it, which makes it easier to digest and pass to the small intestine. Take dime-sized bites and chew 20-30 times to the consistency of applesauce.
3. **LIMIT LIQUIDS TO 4 OZ. WITH A MEAL.**
4. **FOCUS ON PROTEIN & PRODUCE.** Remember to eat 3 oz of lean protein with every meal, and then add vegetable and occasional fruit.
5. **AVOID FOODS & BEVERAGES THAT ARE HIGH IN SUGAR.**
6. **LIMIT HIGH FAT FOODS.** These foods may make you feel nauseated or cause diarrhea. They will slow your weight loss or lead to weight re-gain. Choose light, reduced fat, or low fat products.

## **NAUSEA AND VOMITING**

Vomiting is usually the result of eating inappropriately and rarely a complication of surgery. Common eating-related causes of nausea and vomiting are:

- Eating too fast-you should take 20-30 minutes to complete every meal.
- Eating too much food.
- Eating solid foods too soon after surgery.
- Eating foods that do not agree with you. (If you have found that you do not tolerate certain foods, it is best to avoid them).
- Eating foods that are sticky-bread, pasta, sticky rice, and peanut butter tend to cause problems.
- Eating foods that are high in fat-high fat foods can cause diarrhea or nausea.
- Eating foods or drinking liquids that are too hot or too cold-extremes in temperatures can cause spasm and cramps.

### **IF YOU REGURGITATE SOLID FOODS:**

- Do not eat or drink anything for 2 hours.
- The 1<sup>st</sup> time you regurgitate, do not try to force more liquids or foods, this may induce more swelling and regurgitation.
- After 2 hours, try liquids first. If tolerated, slowly try small amounts of food.

### **IF YOU REGURGITATE AGAIN:**

- Don't eat or drink for 4 hours.
- After 4 hours, try water ONLY.
- If you tolerate water, stay on clear liquids for 12 hours before trying solid foods again.

**\*\*Contact the office if this persists at (903) 462-4247.**

**PROLONGED VOMITING – MORE THAN 12 HOURS IS NOT NORMAL\*\*\*\*NOTIFY DR. CERNERO AS SOON AS POSSIBLE!!!!!!!!!!!!!!!!!!!!!!**

If you go to the Emergency Room, please go to Texoma Medical Center and have them contact Dr. Cernero **before** treating you for problems associated with your stomach.

## **Medical concerns with the Sleeve**

You need to let your primary care physician know that you are having the Sleeve Gastrectomy. You should not swallow whole any pill larger than a pencil eraser. Almost all medications are available in a liquid form or can be crushed.

- Liquid Tylenol is recommended for pain but liquid ibuprofen may be taken **upon approval** by Dr. Cernero.
- Capsules may be opened and taken in liquid or small amount of food if you approve it with your doctor or pharmacist.
- **Chewable multivitamins, sublingual B-12, and Calcium Citrate daily, are recommended to replenish your body's vitamins and help you recover and stay healthy. You may start taking chewable medication on Day 21 after surgery.**
- DO NOT take multiple pills at once without crushing them.
- Do not crush, open, or break extended release medications. Check with your doctor or pharmacist for alternatives.

**Female Patients- it is NOT recommend that you become pregnant within 12 months of surgery.**

**The hospital will call for a follow up appointment when you are released from hospital. At each follow up appointment, please come prepared with a current list of medication and any questions or concerns that you need addressed.**