

GUIDELINES FOR YOUR BARIATRIC SURGERY

SMOKING

Permanently refrain from smoking and the use of nicotine products. Smoking impedes proper lung function, reduces circulation by constriction, inhibits healing of surgical sites, increases your risk of blot clots and stimulates production of stomach acid putting you at risk of developing serious and potentially life threatening ulcers.

ALCOHOL

Complete abstinence from alcohol is required for first six months. Please discuss with your surgeon when you may be permitted to consume alcohol on a limited basis **for special occasions only**. Note that with your surgery, even only a few sips of alcohol can be highly intoxicating.

NSAIDS (Non-Steroidal Anti-Inflammatory)

NSAIDS have been linked to causing ulcers following weight loss surgery and should be avoided. Examples include: Advil, Aleve, Anaprox, Ansaïd, Aspirin (Excedrin, Bufferin), Beta, Cataflam, Celebrex, Clinoril, Daypro, Feldene, Ibuprofen, Indocin, Indocin SR, Lodine, Lodine XL, Motrin, Naprelan, Naprosyn, Orudis, Oruvail, Relafen, Tolectin, Toradol, Vioxx, Voltaren

Use of any of these medications must be discussed and approved by your surgeon.

STEROIDS

Oral Steroids are not permitted after surgery. Immunomodulators such as methotrexate, embrel, and humera must be discussed and approved by your surgeon. Avoid the use of intravenous steroids under any circumstances.

DIURETICS (WATER PILLS)

Use caution when using diuretics (water pills). This is especially important in the early postoperative period when it can be more difficult to get in enough fluid. Please discuss with your surgeon.

TRAVEL

Long car trips, prolonged seating, and airline travel must be discussed with your surgeon if they occur within 30 days of surgery. These activities may put you at risk of developing blood clots.

PREGNANCY

During the first 18 months after surgery, your body will undergo many changes. Weight loss and hormonal changes increase your fertility. Use extreme caution during this time and use a reliable method of birth control to prevent pregnancy. The use of condoms, although not 100% effective, is the most reliable. A diaphragm is acceptable, but must be continually adjusted with weight loss. Birth control pills are not reliable during massive weight loss. Do not use birth control pills within 2 weeks of surgery. They can increase the risk of blood clots.

HERBAL SUPPLEMENTS

Do not use fish oil, garlic, ginseng, ginkgo, or other herbal supplements within 2 weeks of surgery. They may all cause increased bleeding.