



gastric bypass surgery Aftercare Instructions

Recovery Timeline

- Week 1:** Hospital stay, liquid diet, pain management, frequent walks around the ward.
- Weeks 2-4:** Pureed foods were introduced, increased daily movement was, and some activity restrictions were lifted.
- Weeks 4-6:** Transition to soft foods, light exercise like short walks permitted.
- Week 6:** Regular foods are allowed in small portions if tolerated; moderate exercise is permitted.
- Week 8:** Healed enough for most activity restrictions to be lifted, except for heavy lifting.
- 3 months:** Significant weight loss achieved, introduction of new foods and recipes.
- 6-12 months:** Continued lifestyle adaptation and weight loss, avoidance of weight regain.

Medications

- Take all prescribed medications for pain management, nausea, and antibiotics as directed. Do not exceed dosage.
- Use the Rx pain medication minimally and transition to over-the-counter meds as soon as possible.
- Never mix pain medication with alcohol, marijuana, or other sedating substances.
- Use a stool softener if constipated. Stay very well hydrated.
- Finish any prescribed antibiotic regimen to prevent surgical site infection.

Diet

- Follow your bariatric team's detailed diet instructions for each stage post-surgery.
- Begin with clear liquids only, then gradually progress from full drinks to purees, to soft foods, to regular foods over 6-8 weeks.
- Eat small, protein-focused meals 5-6 times per day. Avoid carbs initially.
- Introduce new foods slowly to check for intolerances. Stop eating any item that causes discomfort.
- Do not drink with meals or up to 30 minutes before/after eating.

Activity Restrictions

- No strenuous exercise for 6 weeks after surgery. Slowly increase low-impact activity.
- Avoid lifting over 10 lbs for at least 6 weeks post-op. Don't lift children or heavy items.
- Do not drive while taking narcotic pain medication or if pain affects the ability to drive safely.
- Walk daily, starting on day 1, slowly increasing distance over weeks.

Incision Care

- Monitor the incision site for signs of infection - redness, swelling, warmth, foul-smelling drainage.
- Follow directions on showering, dressing changes, and soaking in water carefully.
- Use ice packs to help minimize swelling and discomfort.
- Apply prescribed ointments gently over incisions when directed.
- Contact your bariatric team immediately for any concerns with the incision site



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

