



gastric sleeve surgery Aftercare Instructions

Recovery Timeline

Week 1: Rest, hydration, light walks, pain management

Weeks 2-4: Pureed to soft foods, increase daily movement, some activity restrictions lifted

Weeks 4-6: All food textures allowed, moderate exercise like short walks permitted

Week 6+: Gradual return to strenuous exercise, lifting restrictions lifted except for heavy weights

3-6 months: Significant weight loss, introduction of new foods and recipes, lifestyle adaptation.

Medications

- Take prescribed pain medications, anti-nausea medicines, and other drugs precisely as directed after surgery. Do not exceed dosages.
- Never combine prescription pain medication with alcohol, marijuana, or other substances.
- Use stool softeners and laxatives if constipated. Stay well-hydrated.
- Finish any prescribed antibiotic regime to prevent infection.

Activity Restrictions

- Avoid any strenuous exercise for 4-6 weeks after surgery. Lifting, bending, and straining are included.
- Walk daily starting day 1, gradually increasing the distance each day. Listen to your body.
- Do not drive for 1-2 weeks while taking narcotic pain meds.
- For 6 weeks, no heavy lifting over 10 pounds. The list includes children, groceries, laundry baskets, etc. Ask for help.
- Expect to return to sedentary work and regular daily activity after 2 weeks.

Diet

- Begin with clear liquids only for the first 1-2 days after surgery. Among these are water, broth, juice without pulp, protein shakes, and gelatin.
- Gradually progress diet over 2 weeks from full liquids to pureed foods to soft foods as tolerated.
- Introduce new foods slowly and one at a time to check for intolerances.
- Eat 5-6 small protein-rich meals daily. Focus on nutrient-dense foods.
- Avoid carbs and sugars initially. Reintroduce complex carbs like oatmeal very gradually.
- Do not drink while eating. Wait 30 minutes after meals to consume and vice versa.
- Stop eating right away if you feel pain, nausea, or vomiting. Call your doctor.

Lifestyle Changes

- Take small bites, chew thoroughly, and eat slowly to prevent discomfort.
- Begin walking on day 1 after surgery. Gradually increase daily movement and exercise.
- Do not lift over 10 pounds for 6 weeks after surgery.
- Drink 64+ oz. of fluids per day to stay hydrated, especially protein shakes.
- Take vitamins and supplements as recommended by your bariatric team.
- Attend support groups and follow provider instructions for long-term diet and lifestyle changes.

Incision Care

- Keep the incision area clean and dry. Change dressings as directed.
- Watch for signs of infection - redness, swelling, warmth, foul-smelling drainage.
- Follow instructions on when to shower, soak in water, etc., after surgery.
- Use ice packs to help minimize discomfort and swelling.
- Contact your bariatric team immediately if you experience severe pain, bleeding, fever, vomiting, etc.



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.



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Get in touch:

