*SLEEVE DISCHARGE INSTRUCTIONS*

*What is the Sleeve Gastrectomy?*



The sleeve gastrectomy is a weight loss surgery in which part of the stomach is surgically removed.    The procedure is done laparoscopically, allowing for a faster recovery.  This procedure greatly limits the size of the stomach, creating a small ‘sleeve’ from the esophagus to the intestines.  Most people are left with a stomach capacity of approximately 3 ounces.  It is thought that the portion of the stomach that produces Ghrelin, the ‘hunger’ hormone, is removed.  Theoretically, weight loss is achieved through a smaller stomach and reduced production of the hunger hormone. There is no change to the intestines, so ability to absorb isn’t changed.

**Diet:**

It is important to adhere to the post-op diet that was given to you in the hospital for the first 3 weeks after surgery. The majority of your nutrition and energy will come from the **protein shakes**. It is very important that you stay hydrated by frequently sipping small amounts of water or sugar free flavored water (crystal light)- your goal should be 40oz/day in the first 2-3 weeks then working up to a goal of 64 oz daily. Do not drink carbonated beverages, sugar sweetened beverages or with straws. Avoid caffeine. Caffeine will make it more difficult to stay hydrated.

You may try lowfat greek yogurt and/or sugar free jello within the first 2 weeks after surgery. **Please take at least a few bites of yogurt daily to prevent thrush.**

**Monitor:**

If you have any of the following symptoms, contact the office immediately or come to the emergency room:

* No urine output in 8 hours (unless overnight)
* Fever >38.2 or 101.5
* Vomiting
* Pain in the lower leg (calf)
* Abdominal swelling
* Worsening abdominal pain
* Redness around your incision
* Drainage from your incision

You can also email (NPsurgery@cncm.org ) or call the Surgery NP team during the work week (Monday – Friday 8:00-4:00) at 202.476.5221. If you need to reach the team after hours, on a weekend, or a holiday, please call 202.476.5000 and ask to have the general surgery resident on call paged.

**Incisions:**

You may take a shower and wash over your incisions with soap and water. Do not submerge the incisions in water (ie: bathing or swimming) for two weeks. If you have little white tapes over the incisions, they will fall off on their own. If you have glue on the incision, it will also fall off on its own.

**Activity:**

No strenuous activity until follow up. We do recommend that you take 3-5 short walks during the day each day until your follow up.

**Medications:**

**Multi-vitamin:** You will need to take a multivitamin once every day. This MUST be in a **liquid** or **chewable** form. NO pills, NO gummies. Start multivitamin **on day one after surgery**. Suggested multivitamins: centrum chewable, or two flintstone children’s vitamins.

**Omeprazole:** to prevent reflux (delayed release capsules) 20mg daily for 14 days. Open capsule and mix contents with 30ml of protein shake or water. If you are already on a **reflux** medication it is ok to take that medication instead as long as it can be crushed or taken in liquid form (please discuss with your pharmacist).

**Ursodiol/Actigall:** to prevent gallstone formation (which happens sometime when losing weight quickly and can cause problems for your gallbladder and or pancreas) 300mg twice a day for 90 days.

**Tylenol:** 650mg every 4 hours as needed for pain \*\*\*CHEWABLE OR LIQUID ONLY\*\*\*

**Motrin:** 600mg every 6 hours as needed for pain \*\*\*CHEWABLE OR LIQUID ONLY\*\*\*

**Oxycodone:** 5 mg for severe pain every 6 hours **as needed**

This medication can cause constipation so if you are taking it please take an over the counter stool softener like colace

You should restart your home medications unless instructed otherwise. **All** **medications must be taken in a chewable or liquid form or crushed (discuss with your pharmacist to see if medications can be crushed).**

**Follow up:**

You have a follow up appointment scheduled with Dr. Nadler on:

\_\_\_\_\_\_\_\_\_\_@\_\_\_\_\_\_ AM/PM.

If you cannot keep this appointment and need to reschedule, please call **202.476.2150.**