Dizziness After Sleeve Gastrectomy

Dizziness, faintness, lightheadedness, or unsteadiness are most commonly caused by:

* Hypoglycemia- low blood sugar
* presyncope (orthostatic hypotension- blood pressure and heart rate changes when moving from laying to sitting or sitting to standing)- dehydration
* anemia- can be related to iron deficiency or menstrual period
* heat illness
* anxiety with hyperventilation

Treatments to try first:

* 8 ounces juice (regular with sugar)
* Followed by 20 ounces water
* Cool cloth to face
* Deep breathing

Prevention of dizziness:

* 60+ ounces of water per day- more if sweating or outside in heat
* 60 grams of protein per day
* 3-4 bites of food containing protein every 3-4 hours

Signs of dehydration:

* 3 or less voids (pee) per day
* Dark colored urine
* Decreased saliva/dry or tacky mouth

If dizziness lasts longer than a few hours despite sugar and fluids patient may need a further workup.

If dizziness episodes involve vertigo (sensation that room is spinning) patient may need to be evaluated for inner ear issues or other causes.