

Christopher Finnell, M.D.

## Your Hospital Stay Laparoscopic Gastric Bypass

Your surgery is scheduled to start approximately 2 hours after your arrival to the hospital. This gives staff adequate time to prepare you for your procedure.

- **DO NOT eat or drink anything after midnight.** If you normally take morning medication for your heart, high blood pressure or seizures, take your medications with a **SIP** of water the morning of your surgery.
- The morning of surgery, you will check in on the third floor waiting room of Bridwell Tower.
- You will be taken to a pre-surgical “holding” room where you will be readied for surgery. You will be asked to change into a hospital gown and place all of your belongings in a bag that will be supplied to you. Please leave all valuables at home or with a family member.
- A nurse will place an identification band on your arm, verify your procedure and start your IV. If you need any additional blood drawn, it will be done at this time.
- They will also place some massaging hose on your legs that will help with circulation during your procedure.
- You will stay in this “holding” room until it is time for your surgery to start. During this time, an anesthesiologist, as well as the operating room nurse will talk with you about your procedure and your medical history.
- When it is time for your procedure, your family will go to surgical guest seating area where volunteers will keep them updated on your progress.
- Your procedure should take approximately 2-3 hours, after which Dr. Finnell will speak with your family.
- You will go to the recovery room for **at least 1 hour** after your procedure. Your family will not be able to be with you, but a nurse will keep them updated on your condition. The recovery nurse will inform your family of the room you will be going to and they are welcome to wait there until your arrive.
- Once you arrive to your room, your family will be asked to step outside while you change beds and information is given to the nurse that will assume your care. After that point, your family will be able to be with you in the room.
- You should plan to spend two nights in the hospital, and then be discharged on the third morning if you progress as expected.

## Following Surgery:

- It is normal to be very sleepy after your surgery.
- You will have several small incisions that will be closed with a glue-like material.
- You may have a temporary drain placed in your abdomen, which will be covered with a dressing. It will be removed before you go home.
- You will have an abdominal binder in place as well to provide support to your stomach after your procedure.
- Your throat may be sore or scratchy from the breathing tube that is used during surgery, but should resolve quickly.
- You will have a catheter in place to drain your bladder which is typically taken out the morning after your procedure.
- You will have a Pain Pump which you can control to give yourself medication through the push of a button. The dosage will be controlled by the nurses, so don't worry about giving yourself too much. This will be discontinued on post-op day 2, and you will take pain medication by mouth if needed.
- The day of surgery you will be given ice chips to keep your mouth moist.
- The morning after your surgery you will start drinking 2 oz of clear liquids per hour when you are awake.
- On post surgery day 2 you are increased to 4 oz of clear liquids per hour. Your liquids will be measured by the nurses in a small medication cup. Let your nurses and Dr. Finnell know if you become nauseated while drinking, so medication can be given to correct this.
- You can expect to walk the day after your surgery. Nurses and/or physical therapists will assist you the first few times you get up, since you may be dizzy or unsteady. You will be expected to walk several times a day while in the hospital.
- It is normal to have some pain, numbness or tingling sensations at the incision sites. Please let the nurses and Dr. Finnell know about any discomfort you may be having. If you need pain medication or become nauseated, please let the nurses know before it becomes too severe.
- You should familiarize yourself with the pain scale the nurses will use to assess your pain level. They will ask you frequently, to determine if your pain medication is effective.



0= no pain, 5=borderline tolerable and not tolerable,  
10- the worse pain you can imagine,

**Your goal is 5 or less.**

### Discharge from the Hospital:

- Your length of stay in the hospital is determined by your progress, but typically you can expect to be discharged the morning after your second night in the hospital.
- At the time of discharge, an appointment card will be provided for your one week follow up with Dr. Finnell.
- You will be on a full liquid diet from discharge until three weeks post-op. Then you will begin a soft diet from three to six weeks post-op. A regular food diet will begin at six weeks post-op. Avoid carbonated drinks, sweets and caffeine.
- You will also be given an information packet regarding your specific diet regimen and discharge instructions.
- Your family will be asked to pick you up in the circle drive off of 11<sup>th</sup> street and you will be taken down by wheelchair to your vehicle.
- If your BMI is greater than 50, you will have a prescription for Lovenox<sup>®</sup> to help prevent blood clots.