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When You Get Home: Laparoscopic Gastric Banding

When to Call Your Doctor:

Call your doctor if you have: 1) fever of 101° or greater; 2) yellow/green, odorous wound drainage; 3) chest or shoulder pain; 4) shortness of breath; 5) vomiting lasting more than 24 hours; 6) leg pain/swelling; 7) severe pain not relieved by pain medication.

Wound Care:

Keep your incisions clean and dry. Shower or bathe daily after surgery with an antibacterial soap, such as Dial.

Pain Control at Home:

Mild pain can be treated with liquid Tylenol, use as directed. You may continue to use an ice pack over the incisions as needed for comfort.

Discomfort is normal as you return to normal activity, but pain is a signal to stop!

Follow Up:

You will be seen in the office approximately 1 week after your surgery. This appointment time should be given to you at the time of discharge. If no appointment time is given, please call our office to schedule a time. Your incisions will be examined, and your new diet plan discussed.

Activity after Surgery:

Typically, you will be weaker and tire more easily when you first come home from the hospital. No stooping, straining or lifting anything heavier than a gallon of milk. Continue to walk short distances regularly as well as use your spirometer several times a day. You may begin driving when off of pain medication.

Medication:

You will take medications as directed when you get home. You will be given a list at the hospital upon discharge. Normally, you may resume your pre-operative medications.

Diet:

You will be on a full liquid diet from discharge until one week after surgery. You will then begin a soft diet for three weeks and will start a regular food diet one month after surgery. Avoid carbonated drinks, sweets and caffeine. You can expect your first band fill to be about six weeks post-op.