

Christopher Finnell, M.D.

Your Hospital Stay Laparoscopic Gastric Banding

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. The preadmissions staff will review your medications and tell you if they want you to take your regular medications the morning of your operation.
- 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 under your bed. 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 where volunteers will keep them updated on your progress.
- Your procedure should take approximately 1 ½ 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 allowed in, but a nurse will keep them updated on your condition.
- You may be able to go home the day of your surgery. If that is the case, after recovery, you will return to the “holding” area where your family can then join you and you will stay until discharge criteria is met. At that point your family will be asked pick you up in the valet entrance and you will be taken down in a wheelchair to your vehicle.
- If you spend the night in the hospital, the recovery nurse will inform your family of the room you will be going, and they are welcome to wait there until your arrival. Once you arrive to your room, your family will be asked to step outside while you change beds and they give information to the nurse that will assume your care. After that point, your family will be able to be with you in the room with you.

Following Surgery:

- You will have several small incisions that will be closed with a glue-like material.
- Your port will be located on the right side of your abdomen, and will be covered with a dressing.
- 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.
- Once you are fully awake, you may begin taking small sips of clear liquids. You will be asked to try to take in 4 ounces and hour which will be measured for you in a small medication cup. It is very important to inform your nurse if you begin feeling nauseated after drinking so medication can be given to correct this.
- You can expect to walk the day of 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 operation.
- 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 to one week after surgery. You will be on a soft diet for three weeks and then begin a regular food diet at one month post-op. Avoid carbonated drinks, sweets and caffeine. You can expect your first band fill to be about six weeks post-op.
- You will also be given an information packet regarding your specific diet regimen and discharge instructions.