

BARIATRIC SURGERY: THINGS YOU SHOULD KNOW

Centre for Obesity and Metabolic Surgery

Department of Minimal Access, Bariatric & Surgical
Gastroenterology

Dr. B. L. Kapur Memorial Hospital, New Delhi

Objectives

- Inpatient experience
- Length of stay & operation
- Pregnancy
- Before surgery and after diets
- Breathing & circulation exercises
- Importance of early post-op mobility
- Introduction to physical activities

The surgery

- Done as keyhole surgery
- Quicker recovery time
- Length of stay in hospital
 - 2 to 3 days hospitalization, surgery time 45 min to 1.5 hrs

Pregnancy



- Weight loss can increase fertility
- Pregnancy is not advised during the first 12-14 months after surgery.

Pre op liver shrinkage diet

- Follow for 1-2 weeks pre surgery
 - BMI over 40
- All 900kcal, low carbohydrate, high protein diet
- Caution with diabetic control
- Follow one diet only- do not mix and match

Post surgery liquids in hospital

- Water
- Tea
- Lemon water/coconut water/butter milk
- Milk
- No added sugar squash
- Soup
- Build up soup tomato flavour (ask the staff!)

- You should **not** be having ice cream or liquids with bits or lumps at this stage

Post-surgery: Stage Diet

Stage 1: Liquid Diet	2 weeks
Stage 2: Puree Diet	1 weeks
Stage 3: Soft Textured Diet	2 weeks
Stage 4: Normal Diet	Long term

Physiotherapy in the Ward

- You will be seen the day after your surgery.
- Your respiratory system and movement will be checked.
- You will be advised on breathing and circulation exercises.
- You will be encouraged to sit out of bed as much as possible and to walk around the ward lots.

Why is early mobility important?



Early mobility restores normality to your body's systems by;

1. Speeding up your recovery from the anaesthetic.
2. Reducing your risk of developing blood clots.
3. Making the lungs work more effectively and reducing the risk of chest infections.
4. Moves trapped wind from your abdomen.

Physical Activity

- In the ward we will discuss;
 - *benefits of physical activity
 - *check your current physical activity levels
 - *help set shared goals
 - *exercise initiatives local to you
- Regular physical activity is essential to the lifestyle change required to get the most from this procedure in the long-term
- General rules for activity after surgery - avoid heavy lifting until you feel comfortable and swimming until your wounds have healed.

Thank You

For further queries
contact

Centre for Obesity and Metabolic Surgery

Dr. B. L. Kapur Memorial Hospital, New Delhi

+917042978535, +919873007704