

## **DISCHARGE INSTRUCTIONS FOR LAP-BAND AND GASTRIC BYPASS PATIENTS**

- For pain relief use chewable or extra strength liquid Tylenol as needed.
- Follow a clear liquid diet beginning day 1 (day of surgery) through day 3 and progress as outlined in your nutritional packet.
- Schedule a postoperative follow-up with dietitian; Staten Island office (718) 667- 8100, Brooklyn office (718) 630-8600 (hit #1 when you hear the recording).
- You may shower after you have been discharged from the hospital. Remove outer bandages.
- Call the office, (718) 667-8100, to schedule your seven-day postoperative office visit.
- Do not drive or return to work before your postoperative office visit.
- Do not leave the hospital without your prescriptions (i.e. Nexium, Carafate, etc).

You should call the office if you have any questions after you have been discharged from Lutheran Medical Center and especially if any of the following occur:

- Persistent fever at or above 101 degrees;
- Severe abdominal pain and/or vomiting;
- New onset back pain;
- Redness, swelling or cloudy/foul smelling drainage at incision sites;
- Sustained heart rate > 100 b/min during the first 30 days postoperatively.