

# Sleeve Gastrectomy

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## Be Aware

- You may use both acetaminophen (Tylenol) as well as an anti-inflammatory, such as ibuprofen (Motrin, Advil), naproxen (Aleve), or ketorolac (Toradol) as needed for pain
- Do not advance your diet until you are instructed to do so by your doctors

You've just had a sleeve gastrectomy, a weight loss procedure. These instructions will help ensure that you have a smooth recovery with minimal complications:

- 1. On the day and night of surgery**, please:
  - Only sip water
  - Take one to two medicine cups per hour as tolerated
- 2. On the day after surgery**, continue on the Stage 1 bariatric diet
  - With regard to beverages:
    - All day long, you can sip sugar-free clear fluids such as water, broth, and popsicles (sugar free)
    - You can drink both hot and cold liquids
    - Please avoid carbonated beverages such as soda
- 3. On the second day after surgery**, advance to the Stage 2 bariatric diet
  - With regard to diet, you can:
    - Drink full liquids, such as tomato soup and yogurt without fruit pieces
    - Take protein supplements
  - Continue on the Stage 2 bariatric diet until you attend the Mass General "Advance the Diet" group session, which occurs about two weeks after surgery
  - Do not start your vitamin supplements until your doctor has instructed you to advance to the Stage 3 diet
- 4. Stay physically active and exercise.** Go for a 15-minute walk, two-to-three times per day, and gradually increase the walk as tolerated. No heavy lifting, pushing, or pulling greater than 10 pounds for four weeks after surgery
- 5. Do not drive for four-to-five days after surgery or while taking narcotic medications.** It is okay and recommended to wear a seat belt
- 6. Bathing and showering.** You may shower on the second day after surgery. No tub baths or soaking in any water while the incisions heal
  - Remove any dressings over your incisions, but try not to remove the steri-strips or small pieces of tape across your incisions. Rather, let them fall off by themselves
  - Do not scrub your incisions. Wash with soap and water and pat dry
  - No powders, lotions, or creams on the incisions during the first four weeks after surgery
- 7. Bowel movements.** If you have not moved your bowels by the second day after surgery, please take MiraLAX. Use the MiraLAX® bottle top to measure 17 grams by filling to the indicated line in the cap. Mix and dissolve into four to eight ounces of water (hot, cold, or room temperature)