

## PRE OPERATIVE SECTION (DOC-05)

The long and frustrating "waiting" has come to an end. This is an exciting time and now it is time to get ready for surgery. Read this section carefully for helpful hints on how to get ready for the day of your surgery. This is a big undertaking and requires a life long commitment. Please study this workbook carefully. We want you to get the most out of your surgery and following these guideline will help.

**Aspirin/Alcohol/Tobacco/Herbal medications:** The following medications should be stopped 10 days prior to surgery because of their blood thinning properties: Aspirin, St. John's Wort, Gingko Biloba, and Ginseng. Kava Kava and Valerian Root are known to interact with anesthesia and should also be stopped 10 days prior to surgery.

If you smoke you will have to stop smoking at least 6 weeks prior to surgery. Smoking can increase your risks of complications such as deep vein thrombosis (blood clots in the legs), which also increases risk of pulmonary embolism (blood clot to the lungs), pneumonia, and atelectasis (collapsing of the tiny air sacs in the lung).

The liver is very sensitive to toxins after surgery, partially due to the rapid weight loss. It is therefore imperative that you refrain from consuming alcohol of any type at least for the first year post operatively. You will continue to be alcohol sensitive for an extended period of time due to the limited absorptive properties of this procedure. Alcohol, after the first year, can be tolerated in small quantities. Also for the first year you need to check with your surgeon regarding any medications (either prescriptions or over the counter) that you may start taking.

**Exercise:** Now is a great time to get your body prepared for surgery. The sooner you start exercising the easier it will be after you have had surgery. You need to start moving more than normal, however, we also want you to take care in that you don't injury yourself prior to surgery. This increase in exercise will help prevent complications. You need to prepare for the surgery by doing the following:

Start walking if you can. Walking is the best way to prevent deep vein thrombosis, pulmonary embolism and improve your lung and heart function.

If you are unable to walk then use the tubing sections and directions provided to get your muscles in shape. This is also a great idea even if YOU CAN WALK!

Start an arm and upper body program by using soup cans, or bottles filled with water, or small weights to do arm curls and other upper body strengthening work out. This will help in your ability to move in and out of bed after surgery using the trapeze on your bed. You need to do the above to avoid soreness in your upper body that can occur from relying on your arms more to move.

Swimming is also a great resistant exercise that works the entire body. There are some facilities, such as YWCA, gyms, and public pool, centers that offer water aerobic classes if you don't have a swimming pool at home.

Start immediately using the balloon provided to exercise your lungs. Blow the balloon at least 5-10 times each day for 10 blows at each time. This will help you to ward off complications of the lungs, such as pneumonia, and atelectasis that can happen during and after surgery. Remember that obese patients are at greater risk for complications involving the lungs following anesthesia.

**Home health care:** Give some thought to your living environment. Are there many steps in your house? Is your bedroom upstairs? Climbing stairs may be difficult after surgery and you may need to move to one level of your home if possible. How accessible is your bathroom? A rubber showerhead with a hose and the purchase of a long sponge stick can be very helpful for personal hygiene. Baby wipes are gentler for personal hygiene, however, are not flushable. Renting a toilet lift is very helpful after surgery. Waterbeds are not tolerated well the first month. The use of a recliner the first few nights at home is often more comfortable than a bed. It is helpful if someone can be with you at home for the first night or two. Is there someone who can check in with you? Have you cleaned out your cupboards of food items that you know you can't have after surgery? Have plenty of food items in your house so you do not have to go grocery shopping after surgery.

**Items to bring to the hospital and/or Hotel:** You may want to bring a few items to the hospital for your convenience and comfort. Some things you may want are: **Calling card, Protein Powder**, blender, cups, bathrobe, slippers, sanitary pad (stress may change your cycle), clothing to wear home (open front top and easy to get in and out of bottoms and shoes) Chap stick, pillow, glasses, special soothing toiletries such as shampoo, shower gel or lotions, your patient workbook, peri bottle, electric razor, sponge stick or wooden spoon with baby wipes for those hard to reach areas and most important your SUPPORT PERSON!

**Do not** bring valuables to the hospital! You will not be able to wear jewelry or contacts during the surgery so it is best if they are left at home. Please take off all jewelry before coming to the hospital. There is a significant amount of swelling that takes place after surgery and we do not want to cut off any rings that may be compromising blood flow to your fingers.

You may want to start a diary or journal of your surgery, your weights, measurements, thoughts and feelings. This is a great tool through out your weight loss. It can give encouragement and comfort in down times and also be a good exercise into your feelings throughout this journey. At the end of your workbook is the start to this endeavor; there is a table for you to document your weights and measurements throughout your weight loss and maintenance.

**Nutrition and Vitamins:** It is important that you look around your home to sort out the foods that you know are not of good nutritional value. It is also a good idea to remove the items that may be high in sugar or that may be a temptation to you. Prior to surgery is the time to purchase the items needed after you come home from surgery.

Start reading food labels to become familiar with the content of protein, fats, vitamin levels, and lactose. The following website will give you detailed nutritional values for all types of food items. [www.ag.uiuc.edu/~food-lab/nat/maintnat.html](http://www.ag.uiuc.edu/~food-lab/nat/maintnat.html) Start paying close attention to adequate intake of protein. You will need to take in **at least 80 grams of protein** daily after surgery. Protein is an important component in tissue repair and healing. Protein also helps to fight infection and dehydration. After surgery the rapid weight loss can also start to cause loss of muscle mass if your protein levels are not maintained. It is just as easy for the body to break down your muscle cells, as it is fat cells.

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If you are not taking vitamins at this time, please start! Any type of general vitamin along with at least 1500mg calcium of your choice will work. You will need to continue this life long. The limited absorption component of the surgery will also affect the absorption of vitamins. Vitamins and Minerals are important in almost all functions of the body, down to the individual cells. Calcium and Vitamin D is important to maintain strong and healthy bones. Vitamin D can easily be made within our own bodies if we get a few minutes of sunshine on bare skin daily.

**Birth Control Methods**: Patients on Birth Control pills and Depro Provera shots need to stop taking these forms of birth control for at least 2 weeks prior to surgery or as the doctor orders. Please be sure to inform us if you are taking either of these types of birth control. The above forms of birth control increase you chances of forming deep vein thrombosis (blood clots) and pulmonary embolus. You will need to ask the doctor when you may start taking the pill or the shots for birth control after surgery.

You will need to use at least **TWO forms of birth control** from the point of stopping the pills or shots **until your weight stabilizes** and your doctor says that it is appropriate for you to stop using **two** methods of birth control. It is imperative that you **DO NOT become pregnant** during the weight loss period after surgery. It could be detrimental to you and the fetus. You will not have the nutritional level needed to sustain a healthy fetus and this could lead to birth defects in the fetus.