

TOP TIPS FOR YOUR FIRST WEEKS AT HOME (DOC-18)

Stomach size is only 4-6 ounces: 1/2-2/3 of a measuring cup at MAXIMUM STRETCH. You **do not** want to stretch your stomach.

CONSTANT SIPPING of water or other acceptable fluids.

48-64 ounces daily! DO NOT GULP OR DRINK LARGE AMOUNTS OF FLUIDS AT ONE TIME. This may make you vomit. Your stomach size is too small for gulping or large amounts.

80 grams or more of protein a day: Limited to the below list of acceptable diet for the first 1 month after being advanced from your hospital diet by your surgeon. **The first few days after being released from the hospital you may be on a more restrictive diet.**

Low fat, low sugar, NO CARBONATED DRINKS, nothing fried or crispy, limit spicy foods, Lactose free. Read workbook for further information.

- 1 Egg=8 Gm. Protein.
- Lactose-free protein powder=24 Gm. Protein/Tb. (Mix in blender with ice, soy milk, water, or add to other foods. Replaces a meal.
- Protein Bars (Low carbohydrates)
- Mashed potatoes
- Morningstar soy products: chickenless nuggets, buffalo wings, breakfast sausage
- Tempeh (soy vegetable product)
- Healthy-Choice Soups—no pasta or large chunks of meat add tofu for extra protein
- Tuna, moist fish such as salmon, orange roughy, mackerel, etc.
- Bake chicken breast or dark meat in broth or fat free, milk free sauce
- Peanut butter on crackers
- Turkey Bacon
- Tofu and Tofu Rella cheese products (no lactose). Remember to use Tofu As you would rice. Tofu is a great source of protein.
- Low-fat crackers—may help with nausea.
- Yogurt—Light, no fruit, and lactose free.
- Adding plain yogurt (instead of sour cream) to rice and mashed potatoes.
- Oatmeal, cream of wheat, grits; Wheat Germ sprinkled on any food can add extra protein
- Soy milk, rice milk, or Lactaid Milk

A meal may only be ½ or less of a small chicken breast and two teaspoons of rice or potato, or a small 4 ounce cup or less of yogurt. **Give yourself 30 minutes or more to eat**

Walk! Walk! Walk! Increase the length and time that you walk each time you walk.

Do your breathing exercises 10 times every 1-2 hours while awake.

Bowel Movements will be loose for the first few weeks. If you have watery diarrhea you may try Pepto Bismol, if it persists longer than 2 days call the office. Increase your fluid intake. (Pepto Bismol may turn your stools very dark.) Also check to make sure you are eating appropriately! Increase water intake if you are having watery diarrhea.

Incision care unless otherwise prescribed: shower, wash with soap, rinse and dry thoroughly. If oozing or catching on clothing you may cover with a very light dressing, otherwise leave open to air except for wearing your abdominal binder. Take your temperature every AM and PM for the first month after surgery.

Incision may ooze or leak fluid or open slightly. Do not panic. If the oozing is new or your incision opens call the office. Note the color of the fluid, color of the skin around the incision site, amount of drainage, smell if any, if you have had a temperature and consistency of drainage. If incision opens note in inch increments how much it has open. Take your temperature every AM and PM for the first month after surgery.

Drainage Bulbs: DO NOT CUT tubing on drain bulbs. Bulbs need to be compressed after draining and the top closed while the bulb is compressed for adequate suction. Drainage may be pink/red to yellow clear fluid with a few clots.

Abdominal Binder: Wear the abdominal binder for at least 6 weeks while you are up and about. This helps to keep your incision secure while it is healing and helps to decrease your chances of forming a hernia.

If you have any fever (101.0 or higher), with chills, nausea, vomiting, persistent diarrhea, increase in pain, foul smelling or purulent puss like drainage from incision, shortness of breath, calf pain and/or tenderness or chest pain call the office IMMEDIATELY! (661) 725-4847

If you have any questions PLEASE call the office. (661) 725-4847