

Bariatric operation aftercare information card

This card has been designed to aid you in your recovery from bariatric surgery. This is only a guide and does not replace the individual information you are given during your appointments with your healthcare professionals.

There is always someone who is able to help you 24 hours a day and this card is a guide as to who or where to contact if you experience any problems during your recovery period.

The bariatric service at Northumbria cares for patients from the whole Northern region and it is advisable that if patients have a problem they contact one of the experienced team for help. If you do have to ask a non-bariatric healthcare professional for help, please always show them this card and ask them to contact the bariatric team for advice/support, if they feel it is necessary.

Bariatric clinical nurse specialist - 0191 2934006
Monday-Friday - 8am-5pm

Bariatric dietitians - 0191 2932707
Monday-Friday - 8:30am-4:30pm

Surgical assessment unit
at The Northumbria Hospital - 0191 6072006
8am-5pm

Consultant secretaries - 0191 2932506 or 0191 2934079
8:30am-5pm

Out of hours - if in any doubt go to The Northumbria Hospital in Cramlington.

Bariatric aftercare frequently asked questions and answers

- ✓ **How much fluid should I be drinking?** Drinking plenty of fluid is very important after bariatric surgery. Fluid prevents dehydration and can help prevent constipation. You should be aiming to drink at least 1 litre a day by day 7 after your operation and 1.5 – 2litres a day by day 14. **Any problems with this please call the dietitian or nurse specialist.**
- ✓ **How much food should I be eating?** Follow the advice in the booklet given to you by the dietitian. **Any problems with this please call the dietitian or nurse specialist.**
- ✓ **I think I am constipated.** Ensure you are drinking enough fluids. Your bowels should be opening approximately twice per week. **Any problems with this please call the dietitian or nurse specialist.**
- ✓ **My wound does not look right.** Refer to your surgical unit patient discharge information booklet.
- ✓ **General advice.** Usually after two weeks you will be well enough to start gentle exercise and if your wounds are healed you may start swimming. Before driving, check with your insurance company. Do not lift anything heavy for 4-6 weeks after your operation.
- ✓ **Contraception.** All female patients of child bearing age should ensure they are using effective contraception.
- ✓ **Non-steroidal anti-inflammatory drugs (NSAIDS)** such as Naproxen, Ibuprofen and Diclofenac should be avoided unless approved by the consultant. **Any problems with this please call the bariatric nurse specialist.**
- ✓ **I am in terrible pain and/or do not feel well at all. I cannot contact the nurse specialist. If possible go straight to The Northumbria Hospital or call 999.**