

Post Operative instructions Gastric Band Placement

Call and schedule your post-op visit to occur approximately 7-10 days after surgery.

Wound care:

- 1) Remove outer dressing (if you have them) at 24-48 hours post-op after surgery.
- 2) Leave the steri-strips in place if you have them. They will fall off on their own.
- 3) You may have skin glue sealing your incision; this resembles super glue and is used to reinforce your dissoluble sutures making your incision waterproof and allowing you to take a shower. Do not soak in a tub or go swimming for 14 days.
- 4) You may use an ice bag to reduce swelling at the surgery site for the first 24 hours and then switch to heat if needed.
- 5) You are able to take a shower 24 hours after surgery. Dry off the surgical incision after showering and cover with dry gauze if needed.
- 6) You will be discharged with liquid pain medication upon discharge from the hospital.

Diet:

You should stay on a full liquid diet (small amounts several times a day) until your follow up appointment with the physician. You should sip liquids slowly (do not gulp liquids, this will most likely cause vomiting). You should take 2 chewable multi-vitamins daily. Children's chewable vitamins are fine to use.

Activity:

For 6 weeks after surgery

- 1) No heavy lifting over 20 lbs.
- 2) No strenuous exercise such as push-ups, sit-ups or abdominal straining.
- 3) Walking is encouraged.
- 4) Normal daily activities are encouraged.
- 5) Running and biking are allowed when you feel up to it.
- 6) No driving until you are pain free and no longer using your pain medication.

Constipation and bloating:

- 1) If you feel bloated increase your activity.
- 2) If you are constipated, increase your water intake and use an over-the-counter stool softener such as mineral oil or a laxative such as Milk of Magnesia as directed on the bottle. Pain medication will often cause constipation.

Smoking:

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increased rate of post operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

Call our office if:

- 1) You develop any unusual signs or symptoms such as tenderness, bleeding, redness or drainage at the surgery site.
- 2) You have a temperature of 100.5 degrees or higher.
- 3) You have shortness of breath upon exertion.
- 4) You are unable to keep fluids down.
- 5) You are unable to urinate within 8 hours of your surgery.
- 6) If your pain is not controlled with your pain medication.

Memorial Hermann Sugar Land Location:

17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479 · 281.342.8932

Methodist Sugar Land Location:

16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479 · 281.491.6200

Memorial Hermann Southwest Location:

7737 Southwest Freeway, Suite 100 · Houston, Texas · 713.772.1200

Memorial Hermann Katy Location:

23920 Katy Freeway, Suite 560A · Katy, Texas · 281.693.3500

Central Business Office:

10101 Southwest Freeway, Suite 105 · Houston, Texas · 713.255.6300



Charles J. Aramburo, MD · Kelley S. Dempsey, MD
Buckminster J. Farrow, MD · John D. Fisher, MD
Robert M. Hillery, MD · Thomas Wylie Moore, MD
Guillermo Ponce de Leon, MD · Michael Todd Wood, MD

Medication refills:

Please call your pharmacy directly and request any needed refills. The pharmacy will contact our office and refills will be expedited.

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