

Enhanced Recovery After Bariatric Surgery



Welcome to the Enhanced Recovery after Bariatric Surgery at Saint Barnabas Medical Center. Enhanced Recovery is an evidence-based approach designed to help people recover more quickly from surgery. This booklet explains the care you can expect to receive prior to your surgery, the day of and following your surgery. During this time, we will work closely with you and your support system to help ensure a safe and speedy recovery.

Be Involved In Your Care

Saint Barnabas Medical Center is a high reliability organization, which means that our number one priority is to keep you safe. We ask our patients to become involved in their plan of care which will allow for better communication and will create an environment in which you feel informed, involved, and most of all safe.

We encourage you to be an active participant on your health care team by doing the following:

- ▶ Learning about your procedure and how you can become involved in your recovery
- ▶ Always speaking up if your something doesn't seem right to you

Saint Barnabas Medical Center has earned the prestigious designation as MBS AQIP Comprehensive Center (formerly a Center of Excellence) from the American Society for Metabolic and Bariatric Surgery.



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Patient Calendar

Comprehensive Recovery Pathway Bariatric Surgery

	Evening Before Surgery	Day of Surgery	Immediately Following Surgery
Pain Management	Follow surgeon's instructions	Follow surgeon's instructions	Pain management & consultation IV medications Oral Medications
Nutrition	Follow surgeon's instructions until night before surgery. Carb loading drink	Drink Carb loading drink 2 hours prior to surgery start time	Ice chips and Clear liquid diet
Activity	In the weeks before surgery, try to build up to 150 minutes of moderate-intensity activity (like walking) a week.		Approximately 3 hours after surgery, you will be expected to get out of bed for at least 30 minutes.
Respiratory	If you smoke, STOP!		Incentive Spirometer 10 times each hour when awake
Skin	Shower	Shower	Follow healthcare team instructions
Oral	Brush and floss teeth	Brush and floss teeth, rinse with mouthwash	Brush and floss teeth, rinse with mouthwash, Chew gum 3X daily for 20 minutes

Day one Following Surgery	Discharge	At Home
Oral Medications	Oral Medications	Oral Medications – Follow healthcare team instructions
Clear liquid diet	Clear liquid diet for one week then check with surgeon’s dietitian for diet progression.	Clear liquid diet for one week then check with surgeon’s dietitian for diet progression.
Get out of bed with assistance and walk around nurse’s station 3 times daily.	Continue with walking and returning to activities of daily living.	Continue with walking and returning to activities of daily living.
Incentive Spirometer 10 times each hour when awake	Incentive Spirometer 10 times each hour when awake	Incentive Spirometer 10 times each hour when awake
Follow healthcare team instructions	Follow healthcare team instructions	Follow healthcare team instructions
Brush and floss teeth, rinse with mouthwash, Chew gum 3X daily for 20 minutes	Brush and floss teeth, rinse with mouthwash, Chew gum 3X daily for 20 minutes	Brush and floss teeth, rinse with mouthwash

Post Surgery HELP Card

<p>Please call your surgeon with any questions or concerns, or if you experience any of the following:</p>	<ul style="list-style-type: none">• Abdominal Pain• Fatigue• Wound Issue• Dehydration• Fever• Diarrhea• Nausea and Vomiting
<p>For An Emergency:</p>	<p>Call 911</p>
<p>If You Are Not Sure:</p>	<p>Call your surgeon's office. During non-office hours you will be directed to the answering service. Please leave a message and the on-call surgeon will return your call.</p>
<p>At Another Hospital:</p>	<p>Call your surgeon's office.</p>
<p>For Something Non-Urgent:</p>	<p>Call your surgeon's office during regular business hours to speak with a nurse or staff member that can assist you.</p>

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