



POST SURGERY INFORMATION

REN-O-VATE MEDICAL GROUP

www.myrenovate.com



A NOTE FROM YOUR SURGEONS

The offices of REN-O-VATE MEDICAL GROUP would like to congratulate you for your life

Long commitment to becoming healthy. We recognize that it is a very big transition, and we commit to being with you every step along the way.

This is the start of a new you....enjoy, and share with us your continuing success and joy.

REN-O-VATE MEDICAL GROUP
Dr. Gilberto Alessandrini



POST OPERATIVE PATIENT GUIDE

Congratulations on your brave decision to have the surgical procedure necessary to take control of your obesity. Your surgeons at Renovate Obesity Center are committed to providing the support necessary to help you to be successful in your endeavor to become healthy. You are provided office follow up and support group opportunities monthly, take advantage of these educational offerings this first year for your optimal surgical outcome.

LACK OF ENERGY

The immediate post operative period is one of great hope, joy and relief. You have taken major steps to improve your health and relationship with food. It is important not to become impatient during this time of recovery. Some patients become unrealistic with their expectations to feel "normal" quickly, and become frustrated that they are not energetic faster. The physical healing of the surgery site is a very small part of the recovery process, learning to eat, and gaining back your energy may take some time. It is not uncommon to feel tired, uninterested in food and water, and even nauseated for up to three months after surgery. Your surgeons and office staff are here for your support. Take steps to "set yourself up for success" after surgery by planning ahead, be realistic with work, home and social responsibilities. If you experience any of the above issues, take heart that they are transitory and will pass.

LACK OF APPETITE

Many patients have dreamed their whole lives about being "uninterested in food", so when it finally happens directly after surgery, it is unfamiliar and disturbing. Patients often report being very sensitive to food flavors, odors and other strong scents such as perfumes and chemicals. Family members may push food upon the patient, while the thought of eating may be revolting. Unfortunately this will pass and you will once again enjoy food and the scent of food again, and you may secretly wish for your appetite to stay low when it does return. This disinterest in food can last up to a year after surgery. When your appetite does return, you will be pleased to note that it will not be as ravenous as it was prior to surgery.



**DISCHARGE INSTRUCTIONS FOR THE BARIATRIC SURGERY
PATIENT WHEN TO CALL YOUR SURGEON OR GO TO THE
NEAREST EMERGENCY ROOM**

Fever over 101.5
Pus or Blood coming from the surgical incisions
Consistent Vomiting
Pain not relieved by your prescribed medication
Vomiting Blood
Redness and heat at the surgical incisions
Leg pain or hot spot (particularly behind the calf or
knee) Chest pain
Shortness of breath
Inability to tolerate fluids or vitamins

"The above list is not a complete list Listen to your body. If anything out of the ordinary occurs or is occurring, call your doctor or go to the nearest emergency room immediately"



DISCHARGE INSTRUCTIONS FOR THE BARIATRIC SURGERY PATIENT

ACTIVITY

If it hurts, then don't do it!

Listen to your body. The goal for these first few weeks is to move your body every two hours. Walking is essential to your post-operative progress. Sitting for long periods of time can encourage blood to pool and cause blood clots. Stand up and walk every two hours, walk farther and faster every day as tolerated. Expect to tire easily.

Avoid driving for at least one week. Sudden turning or braking while driving may aggravate your surgical site.

BATHING,

You may shower, allowing the soapy water to flow over the surgical site, pat the area dry with a clean towel. No bathing, hot tubs or pools until the surgical site is completely healed, usually 4-6 weeks is sufficient.

WOUND CARE

Keep your dressings dry. It is not unusual to have a small amount of fluid leak from the healing surgical sites. A band-aid can be placed over the site. If the site becomes red, hot or drains and bleeds more than is expected call your surgeons office.

PAIN CONTROL

During the first few weeks after surgery, you may wish to use the pain medication prescribed by your surgeon. The medication may make you drowsy. It is important to continue walking and refrain from driving while taking these medications.

After the first week most patients report adequate relief from Extra Strength Tylenol every 4-6 hours. It is important to note that Ibuprofen (Advil, Motrin) can harm the pouch, and is not to be substituted for Tylenol (this is forever not just the post operative time period). If Tylenol is not relieving your pain, consult your surgeon.



PSYCHOLOGICAL CHALLENGES

It is not uncommon to feel weepy or even angry about your post operative diet progress or your disinterest in food early on. Your surgeons call this "Buyers Remorse". You have moved forward with a huge decision that you can't take back, but you are presently not feeling well and may be sorry that you made the decision to have surgery. For some patients the "learning to eat phase" can be very frustrating the first three months. Most food issues are resolved by the third month after surgery. Be patient and hang in there! Three months out of your life is a small price to pay for a lifetime of health benefits and a permanent obesity tool. It is worth it.

Once the initial post-operative phase has passed, our patients move into a honeymoon stage. The weight is falling off quickly, almost effortlessly. This is the time to really practice the new eating habits taught at monthly follow up. The new habits that you incorporate now will determine how well you keep the weight off, even years from now.

If you are still struggling with psychological issues, or emotional eating issues speak to your surgeon. They will refer you to a professional that is familiar with the issues of weight loss patients. Support group is a great place to discuss common social and emotional challenges with other patients that have already passed your particular stage or issue.



POST OP FOLLO UP

Your surgery is a powerful tool to use on your journey to becoming healthier. It is a physical and emotional experience to learn how to use your tool to its fullest advantage. Your surgeons and staff at Renovate Medical Center provide monthly follow up in the office. For our out of town patients we request that you follow up by telephone monthly. This will enable us to evaluate your progress and help you to navigate through any obstacles that may pop up along the way.

Your follow up visits are scheduled monthly for the first year. During these visits your surgeon evaluates your surgical sites and any physical concerns you may have. He also reviews your vitamin regime, diet and exercise plan and suggests lifestyle adjustments to maximize your weight loss efforts.

We document your body measurements, weight, and body composition (fat and lean body mass measurement) for comparison every month. We love to see you enthusiastically stepping on our Bio-Impedance scale. Remember that the body may lose weight one week and inches the next.

Sometimes our patients may have a difficult time with their metamorphosis emotionally. Your surgeon will discuss with you issues that may be counterproductive to your success, and has excellent referrals to psychological professionals in the area.

After the first year, we like to see our patients every six months to one year. It is wise to check in with your surgeons when a new medication is prescribed or a surgery is planned.

Immediately set an appointment at the beginning of every pregnancy, and plan to follow up every three months during pregnancy.

Well-respected studies show that patients that stay in close follow up with their surgeon's office have better outcomes and less late complications. It is up to you be proactive and utilize this outstanding service.

We look forward to monitoring your progress monthly. Set up your appointment today, and every month!



PROTEIN

For the first few months (up to nine months) you will only be eating to "practice eating". You may be able to eat a few bites and be very full. Don't be discouraged; in time you will be able to eat enough to sustain your smaller size. Eat until you are satisfied and then stop. Over eating may cause pain. You will be living off of your stored fat for energy (that is why you are losing weight, your body is using fat for energy). So there is no such thing as "losing too fast!"

You can get energy from stored fat but you can't get protein. Your body would need to break down muscle tissue to get protein. As morbidly obese individuals you carry more muscle tissue than you will need for your smaller post operative self, so you will lose some muscle tissue simply because you don't need as much. It is important to take your **USANA** protein supplement every day along with our small protein meals so that you are preserving your muscle tissue. We want you to be slim and strong individuals.



SUPPORT GROUP

Your surgeons have provided you with a support group that meets every month to discuss and work through any post operative issues. Patients that attend support group regularly seem to accommodate better to their new body and their new dietary decisions than patients that "suffer in silence".

It is sometimes difficult to make the transition from the obese person to the appropriately weighted person. Our patients sometimes relate to us that it is a lonely journey to cope with the world without having food to turn to. The purpose of support group is to gather with others that have had the same surgical procedure and can identify with your issues and emotions. The group provides understanding, hope, and problem solving skills, for you to move forward into a happily integrated post operative patient.

We employ several styles to keep the group fresh. Open forum style where patients ask questions of the group and surgeons, many different patient experiences are discussed and we offer guest speaker lecture format for topics such as Plastic surgery or Psychology.

General support group is for all patients. It focuses mainly on the transition during the first year after surgery. Weight loss, food intolerances, body image changes, and social skills development are common themes.

One year and beyond support group focuses on the issues after the weight loss is completed. It covers integration of the new body with the old and new mind. The first year is spent focusing on losing the weight, the years after that are spent living in your new body to it's fullest potential.

The General Support group meets the first Wednesday of the month at 7:00 PM and the One-year and beyond Support Group meets the third Thursday of the month at 7:00 PM. Contact the office for your schedule of dates and locations.



EXERCISE AFTER SURGERY

You may be very surprised to learn that you actually enjoy exercising after your weight loss surgery. The key is to find out what you like to do. The gym isn't for everybody, and a dance class may not be the best choice either. Below are some suggestions for exercise early on after surgery. Hopefully once you have lost a significant amount of weight, you will start a formal weight training and cardiovascular program of exercise. Any exercise program, even at home should be cleared with your medical doctor to avoid injury.

To start, walking is *a good form* of exercise.

Walk briskly, you should be able to talk while walking, but not carry on a long-winded conversation. Walk farther and faster every day. A good pair of walking shoes is recommended. A pedometer can help you to track your progress.

While watching Television, at every commercial (when you used to go to the refrigerator) place a towel or mat on the floor and do "sit ups" until the commercial is over. You will have fabulous abdominal muscles in no time. While watching television, have small 3-5 lb weights nearby to "curl" and exercise your bicep and triceps muscles. Use your time wisely.

Swimming or water aerobics is a perfect exercise for those of you with joint disease. Dancing is a great form of exercise, not to mention a fabulous way to meet new friends. Take a class in one of the following:

- Country Line dance
- Salsa
- Country swing
- Ballroom
- Swing and Jitterbug
- Hula and Polynesian
- Belly dancing
- Square dancing
- Tap, Jazz or Ballet
- Clogging

Once you have mastered a sport or class, try something new. Just because you can! It matters more how often you do your chosen activity than it does what you have chosen to do.



NUTRITION GUIDELINES FOR LAP-BAND PATIENTS

Lap-band surgery was developed to induce weight loss. However, some behavior patterns must be modified simultaneously in order to achieve and maintain the desired weight loss.

After surgery, you will need to make changes in your eating habits, not only to prevent complications, but also to produce the desired weight loss. It is very important to follow the eating and drinking instructions right from the start after the operation. This will prevent band slippage and obstruction of the stoma (the opening for foods leaving the upper stomach). It is important, especially in the early weeks, no to stretch the small stomach pouch above the band.

EATING METHODS

Eat slowly and chew foods until they reach a mushy consistency. Swallowing food in chunks may block the opening and prevent the passage of food. The following are hints to help you eat more slowly.

1. Set aside 30 to 45 minutes to eat each meal
2. Actually count the number of times you chew each bite. Aim for 30.
3. Make an EAT SLOWLY sign and place it on the table in front of you
4. Explain to family members why you must eat slowly so they will not urge you to eat faster
5. Take small bites of food. You may want to try eating with a baby spoon
6. Pay attention to taste. Learn to savor each bite, noticing its flavor, texture
7. Chew well. Ground or very soft foods may be necessary if you have dentures

STOP EATING AS SOON AS YOU ARE “SATISFIED”. Once your stomach is full, your body receives a signal that you have eaten enough. It takes time, though for you to become aware of this signal. If you hurry your meal, you may eat more than you need. Besides causing you to vomit, extra food over a period of time may stretch your stomach.

Try to recognize the feeling of fullness. Then stop eating at once. Indications of fullness may be:

- A feeling of pressure or fullness in the center of your abdomen just below the rib cage
- Feelings of nausea
- Pain in your shoulder area, upper chest or jaw



If you start vomiting and it continues throughout the day, stop eating solid foods and just sip clear liquids. The vomiting may indicate that your outlet is blocked. If intermittent vomiting continues for more than 24 hours, contact your doctor. Most vomiting episodes can be prevented.

The causes of vomiting are:

- Eating too fast and not chewing properly
- Eating too much at meal
- Drinking liquids right after eating
- Eating foods that do not agree with you

SET ASIDE THREE MEALTIMES PER DAY AND EAT SOLID FOODS ONLY AT THESE TIMES. The LAP-BAND

system creates a small stomach pouch that can hold only about half a cup (3 to 4oz) of food. If you try to eat more than this at one time you may become nauseous. You may also vomit. If you routinely eat too much, the small stomach pouch may stretch. Frequent vomiting can also cause certain complications, such as stomach slippage. You need to learn how much your stomach pouch can hold comfortably and then not exceed this amount. It is important to eat nourishing foods and to avoid the habit of snacking. Eating often throughout the day may keep you from losing weight because you will be able to eat enough calories to maintain that weight. Individuals who continuously munch on crackers, potato chips or other foods have not only failed to lose but have even gained weight.

DRINK FOUR TO SIX CUPS OF LIQUIDS PER DAY BETWEEN MEALS. Liquids are needed to replace normal body water losses and thus prevent dehydration. Individual needs will vary, but you should drink at least 6-8 glasses of water a day.

DO NOT DRINK WHILE YOU ARE EATING. If you drink at mealtimes, the food you have eaten becomes liquid. Then the effectiveness of the LAP-BAND system is greatly reduced. You should not drink anything for at least one hour after a meal. That way you can keep the feeling of fullness as long as possible.

SIP BEVERAGES SLOWLY. One way to begin is by taking sips of beverages from a medicine cup or shot glass instead of drinking from a regular glass.



ELIMINATE HIGH CALORIE DRINKS. Milkshakes, soda pop, beer and other alcoholic beverages are very high in calories. By sipping on high-calorie liquids throughout the day, many calories are absorbed without creating the effect of fullness. This will result in a poor weight loss record. Avoid carbonated liquids because they could increase the size of the pouch creating discomfort.

DO NO EAT BETWEEN MEALS. Eating snacks between meals is one of the major reasons for weight loss failure. It is very important to break this habit.

EAT A BALANCED DIET. Because the quantity of food you can consume at a meal is reduced, it is important that what you do eat is of good nutritional value. Do not fill your small stomach pouch with junk food that lacks vitamins and other important nutrients. Eating foods from each of the four food groups will provide adequate amounts of protein, vitamins and minerals for your needs

EXERCISE AT LEAST 30 MINUTES A DAY. Since physical activity consumes energy and burns calories, it is very important for successful weight loss. Exercise can help improve your general health. Start with simple activities such as walking and swimming. Gradually expand your program to include more vigorous forms of exercise such as cycling, jogging and aerobics. Increase your activity level in the course of daily living.

PROGRESSION OF THE DIET DURING HOSPITALIZATION

After surgery, in addition to water you will first be offered clear liquids. In time, your diet will include blended and pureed foods. You may be tempted to restrict your diet to liquids or blended foods, but this will prevent you from developing the habit of chewing your food properly. Many things can cause discomfort and vomiting. Sometimes it may be specific food. However, you should be careful not to avoid a food just because you vomited once after eating it. You may wish to wait a day or two, but then you should try the specific food again.



PROGRESSION OF THE DIET AT HOME

FIRST WEEK AFTER SURGERY. You will be on a clear liquid diet. Clear liquids include clear broth or soup (with no vegetables nor meat and not creamy), jello, fruit juice (no nectars), water, tea, coffee.

SECOND WEEK AFTER SURGERY. You will continue on liquids but adding liquids that have a thicker consistency such as skim milk, low-fat yogurt, cream of wheat, oatmeal, creamy soups, fruit smoothies (nothing that you will have to chew).

Begin taking your protein supplements this week. Mix 2 scoops of **Soyamax** and 2 scoops of **Nutrimeal** with 12oz. of water, skim milk or soy milk. You may add fruit to your shake.

THIRD WEEK AFTER SURGERY. In addition to pureed foods such as blended meat, meat paste, liverwurst, yogurt (no berries or other types containing seeds), you may begin to add cottage cheese, sliced cheese, cheese dishes, scrambled and hard boiled eggs and fish. You may also slowly add soft canned fruits and vegetables. Bakes potatoes (without the skin), rice, macaroni, noodles, rice cereals, etc..

FOURTH TO SIXTH WEEK AFTER SURGERY. You may begin to add meats that are ground after cooking, such as pork, veal, chicken, turkey and beef. After your checkup you can begin to experiment more with food. Sliced meats as well as raw fruits and vegetables may be tried. Remember to chew them very well. If you fell hungry between meals you may sip on low-calorie drinks. You may substitute one meal for a protein shake.

It is very important that you eat food high in protein at each of your three meals and drink 1-2 cups of milk between meals. Protein is needed for wound healing and to renew body cells.

The recommended daily dietary allowance (RDA) for protein is: 56g/day for men ,46g/day for women or 5-30g of protein each day. To order your USANA supplements, you may log on to www.usana.com or call (888)950-9595 with the following **ID number 2939910**.

Certain foods may be difficult to tolerate. Since toleration for these foods varies from individual to individual, use your own discretion as to whether to include them in your diet. Through trial and error you may find that you are able to tolerate some of these food items, but there may be others which your digestive system cannot handle as well.



- Tough meats, especially hamburger (even after grinding, the gristle in hamburger is difficult to digest)
- Membranes of oranges or grapefruit
- Core, seeds or skins of fruits or vegetables
- Fibrous vegetables such as corn, celery or sweet potatoes
- Bread
- Chilli or other highly spiced foods
- Fried foods
- Milk

Certain foods MUST be avoided.

Concentrated Sweets. Most of the foods and beverages that contain concentrated sweets are filled with “empty” calories in the form of sugar. These products provide a concentrated supply of calories with limited nutritional value, which means they often do not contain a good amount of vitamins, minerals, protein and fiber. These nutrients are essential after weight loss surgery to help you recover and receive the nutrition that you need. After surgery, every bite counts. Filling up on these “concentrated sweets” can prevent weight loss and can replace healthier foods in your diet with high calorie, high sugary foods.

These empty-calorie foods should be left out of your healthy diet. Sugar and foodstuffs containing large quantities of sugar such as **regular soft drinks, syrups, cakes, biscuits, sweets, jams, jellies, marmalade, honey, kool aid, sugared iced tea, dried fruits, fruit drinks, canned or frozen fruits in syrup, table sugar, sugar coated cereal, candy, doughnuts, regular jell-o, sugar gum, molasses, cookies, sherbert/sorbet, regular pudding, sweetened, fruited or frozen yogurt.** High fat foods including **whole milk, chocolate, chocolate milk, chips, pies, pastries, ice cream.** Alcoholic drinks should also be avoided as much as possible. These drinks such as **beer, wine, liquors, port, sherry, cocktails, champagne.**

Note: Artificial sweeteners such as nutrasweet/Equal ®, saccharine/Sweet & Low®, and sucralose/Splenda ® are OK to use.



REMEMBER!

- EAT SLOWLY
- CHEW FOOD WELL
- DON'T DRINK DURING MEALS
- DRINK LIQUIDS 30 MINUTES BEFORE OR AT LEAST 60 MINUTES AFTER MEALS
- STOP EATING WHEN YOU ARE SATISFIED
- EAT THREE MEALS A DAY AND AVOID SNACKING
- SIP LOW-CALORIE BEVERAGES BETWEEN MEALS
- SELECT A BALANCED DIET
- EXERCISE REGULARLY

For successful weight loss after Adjustable Gastric Banding Surgery, a change in your eating habits is necessary. The operation alone is not a cure, it is not magical. You will not be able to lose as much weight as you like if you eat continuously or if you stretch your stomach by eating large amounts of food at one time. You will achieve your desired weight loss only if you are willing to control what you eat and the way in which you eat it.

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PROTEIN CONTENT

Food	Portion	Protein (grams)
Beans, cnd, baked	½ cup	7
Beans, kidney, cnd	½ cup	8
Beef eye of round	3 oz.	21
Beef top loin	3 oz.	21
Cheese, american fat free	1 oz.	6
Cheese, cottage, 1% fat	½ cup	14
Cheese, cottage creamed	½ cup	13
Cheese, parmesan, grated	¼ cup	12
Cheese, mozzarella, part-skim	1 oz.	8
Cheese, ricotta, part skim	½ cup	14
Chicken, white breast w/o skin	3 oz.	26
Chicken, leg w/o skin	3 oz.	21
Cod, white, baked	3 oz.	21
Crab, steamed	3 oz.	17
Egg, hard cooked	1	6
Flounder	3 oz.	21
Halibut	3 oz.	21
Ham, Lean	3 oz.	21
Hamburger (lean ground beef)	3 oz.	21
Lobster, steamed	3 oz.	16
Milk, skim	1 cup	8
Milk, skim plus	1 cup	11
Peas, chick, cnd	½ cup	7
Pork tenderloin	3 oz.	21
Pork loin chop	3 oz.	21
Salmon baked	3 oz.	21
Shrimp, steamed	3 oz. (15 large)	18
Soybeans (edemame)	½ cup	14.3
Soy flour, defatted	¼ cup	12.8
Soy milk, plain	1 cup	6.6
Soy nuts	¼ cup	15
Steak, sirloin, trimmed	3 oz.	26
Swordfish, baked	3 oz.	21
Tempeh	½ cup	15.7
Textured soy protein	½ cup	11
Tofu	½ cup	10
Tuna, cnd, water packed	3 oz.	25
Turkey, white meat	3 oz.	21
Veal loin	3 oz.	21
Veal leg (top round)	3 oz.	21
Yogurt (sugar free), frozen, vanilla	½ cup	5
Yogurt, fruit, fat free, low sugar	1 cup	8
Yogurt, w/o fruit, lowfat	1 cup	8