

Advice on What things to Expect After Gastric Bypass Surgery

After your Surgery

After your surgery and release from the recovery room you will escape bed and walk a bit. Everyday of one's hospital stay, you'll walk only a little further and more often. That is standard procedure with any surgical patient and prevents several complications that will result from remaining in bed.

You might find some weakness in your knees once you climb stairs but don't be alarmed. The human body at this time isn't getting as much protein since it used to and parts of your muscles are acting accordingly. As the food intake improves, this should go away.

Getting Used to Food Again

In three days you'll have the ability to go home, but will soon be reminded never to lift anything over 20 pounds for the very first six weeks if you've had an open procedure. You'll have to make sure to follow your nutritionist's instructions since you won't be eating as you used to. In reality, you will be on a fluid diet for the first week consisting of diluted juice, broth and sugar-free gelatin. This is to permit your "new" stomach to adjust itself to digestion. Be sure to take your acid reducer, probably Tagamet, every single day to safeguard your stomach from acids. Following a month you'll manage to quit taking it.

After the first week, you'll manage to eat pureed foods and from then on, soft foods. Finally, when your stomach has adjusted to its new size and gotten the hang of digesting, you will end up eating normal foods. By now you should have noticed significant weight reduction! Make sure to keep choosing low fat and low sugar foods. It's particularly important to discover ways to chew carefully and completely, not only for the sake of your digestion but to make an effort to take pleasure from your food. You will be eating five small meals each day and eventually exercising as much as one hour each day.

Follow-up Care

You'll see your doctor about ten days after discharge to have the skin staples removed and to get a prescription for an iron and B12 supplement, which you will need the rest of one's life. In another four weeks you'll return for a check up and get yourself a prescription for Actigall. This medication prevents gallstones from forming because of the rapid weight loss you will end up experiencing. You'll have another appointment a month later, then four months later and finally your 12 months checkup arrives! Your checkups will be yearly from then on, for routine blood work and to refill the prescription for your supplements.

And now you're on your way to a new, comfortable and active life! It's no easy out; you will have to work hard to break bad habits and replace them with good ones but it's a change that's really worth it.

About the Author

Make an Informed Decision!

Bariatric surgery is not to be taken lightly, however. Do some research and speak to people who have had the procedure done to make sure that it's right for you. Find out about all four various kinds of surgery and speak to your primary care physician before you make your decision regarding [Laparoscopic Cholecystectomy in Miami](#). Should you choose to really have the surgery your physician often will refer you to several good surgeons as possible interview before choosing who you want to do your surgery.

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