

Advice on What things to Expect After Gastric Bypass Surgery - Laparoscopic Cholecystectomy in Miami

After your Surgery

After your surgery and release from the recovery room you will get out of bed and walk a bit. Each day of one's hospital stay, you'll walk a little further and more often. That is standard procedure with any surgical patient and prevents numerous complications that could come from residing 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 just as much protein because it used to and muscle tissue are acting accordingly. As the food intake improves, this will go away.

Getting Used to Food Again

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

After the initial week, you'll manage to eat pureed foods and next, soft foods. Finally, whenever your stomach has adjusted to its new size and gotten the hang of digesting, you'll be eating normal foods. By now you'll have noticed significant fat loss! Be sure to keep choosing reduced fat and low sugar foods. It's particularly crucial that you learn how to chew carefully and completely, not only for the sake of one's digestion but to take some time to savor your food. You will be eating five small meals a day and eventually exercising up to an 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 others of your life. In another a month you'll return for a check always up and get a prescription for Actigall. This medication prevents gallstones from forming due to the rapid weight reduction you will be experiencing. You'll have another appointment four weeks later, then four months later and finally your one year checkup arrives! Your checkups is going to be yearly from then on, for routine blood work and to refill the prescription for the supplements.

And now you're on the way to a fresh, comfortable and active life! It's not an easy out; you will have to work hard to break bad habits and replace them with good ones but it is a change that's well worth it.

Make an Informed Decision!

Bariatric surgery is to not be used lightly, however. Do some research and keep in touch with those who have had the procedure done to make sure that it's right for you.

About the Author

Learn about all four several types of [Laparoscopic Cholecystectomy in Miami](#) and talk to your primary care physician before you make your decision. Should you choose decide to truly have the surgery your physician can probably refer you to many good surgeons that you can interview before choosing who you wish to do your surgery.