

## Suggestions about What things to Expect After Gastric Bypass Surgery

### After your Surgery

After your surgery and release from the recovery room you will get out of bed and walk a bit. Every single day of your hospital stay, you'll walk a little more and more often. This is a standard procedure with any surgical patient and prevents a number of complications that can come from staying in bed.

You may find some weakness in your knees once you climb stairs but do not be alarmed. The human body now is not getting as much protein as it used to and your muscles are acting accordingly. As the food intake improves, this should go away.

### Getting Used to Food Again

In about three days you will manage to go home, but will undoubtedly be reminded never to lift anything over 20 pounds for the initial six weeks if you have had an open procedure. You will have to make sure you follow your nutritionist's instructions when you will not be eating as you used to. In reality, you will end up on a liquid diet for the initial week of diluted juice, broth and sugar-free gelatin. This is to permit your "new" stomach to regulate itself to digestion. Be sure to take your acid reducer, probably Tagamet, every single day to safeguard your stomach from acids. After a month you'll be able to quit taking it.

After the very first week, you'll be able to eat pure foods and after that, soft foods. Finally, whenever your stomach has gotten its new size and gotten the hang of digesting, you will be eating normal foods. Right now you have noticed significant fat loss! Make sure to keep choosing reduced fat and low sugar foods. It's especially crucial that you learn how to chew carefully and completely, not just for the sake of your digestion but to take the time to savor your food. You will end up eating five small meals a day and eventually exercising around an hour or so each day.

### Follow-up Care

You'll see your doctor about ten days after discharge to own your skin staples removed and to get a prescription for an iron and B12 supplement, which you will need the remainder of one's life. Actigall is a prescription for actigall. This medication prevents gallstones from forming due to the rapid weight reduction you will be experiencing. You'll have to make sure you have a good time. Your checkups are likely to be yearly thereafter, for routine blood work and to refill the prescription for your supplements.

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

### Make an Informed Decision!

Bariatric surgery is to be studied lightly, however. Do some research and communicate with individuals who have had the task done to make certain that it's right for you.

### About the Author

Learn about all four different kinds of surgery and speak to your primary care physician for [Hernia Surgery in Miami](#) When you make your decision. If you do not know what you are going to do, do not worry.