

## Advice on Things to Expect After Gastric Bypass Surgery

### After your Surgery

After your surgery and release from the recovery room you will get free from bed and walk a bit. Every single day 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 a number of complications that will originate from remaining in bed.

You could find some weakness in your knees once you climb stairs but don't be alarmed. The body at this time isn't getting the maximum amount of 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 around three days you'll be able to go home, but will soon be reminded never to lift anything over 20 pounds for the initial 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. Actually, you'll be on a fluid diet for the very first week consisting of diluted juice, broth and sugar-free gelatin. That is to permit your "new" stomach to modify itself to digestion. Make sure you take your acid reducer, probably Tagamet, each day to guard 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 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. Right now you will have noticed significant fat loss! Make sure to keep choosing reduced fat and low sugar foods. It's particularly vital that you discover ways to chew carefully and completely, not just for the sake of one's digestion but to take some time to enjoy your food. You'll be eating five small meals a 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 possess your skin staples removed and to acquire a prescription for a metal and B12 supplement, which you may need the others of your life. In another a month you'll return for an always check up and get a prescription for Actigall. This medication prevents gallstones from forming due to the rapid fat loss you will be experiencing. You should have another appointment one month later, then four months later and finally your twelve months checkup arrives! Your checkups will soon be yearly from then on, for routine blood work and to refill the prescription for your supplements.

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

### Make an Informed Decision!

Bariatric surgery is never to be used lightly, however. Do some research and talk to those who have had the process done to be sure that it's right for you.

### About the Author

Find out about all four several types of [Laparoscopic Cholecystectomy in Miami](#) surgery and speak 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.