

Date: [Date]

Patient Name: [Patient Name]

Date of Birth: [DOB]

Procedure: Laparoscopic Gastric Banding

Surgeon: [Surgeon Name]

Discharge Instructions and Post-Operative Care

1. Diet and Nutrition

- **Weeks 1-2 (Liquid Phase):** Consume only clear liquids and protein shakes as directed. No solid foods.
- **Weeks 3-4 (Pureed Phase):** Gradually introduce blended, smooth foods with no lumps.
- **Hydration:** Sip water slowly throughout the day. Do not drink liquids 30 minutes before or after eating.
- **Portion Control:** Stop eating immediately when you feel full.

2. Wound Care

- Keep the incision sites clean and dry.
- You may shower 48 hours after surgery; gently pat incisions dry.
- Do not soak in baths, pools, or hot tubs until cleared by your surgeon.
- Small adhesive strips (Steri-Strips) should be left in place until they fall off naturally.

3. Activity and Exercise

- Walk at least 3-4 times a day to prevent blood clots.
- No heavy lifting (over 10 lbs) for 4-6 weeks.
- Do not drive until you are no longer taking narcotic pain medication.

4. Medications

- Take pain medication only as prescribed.
- Resume your regular medications as instructed by your doctor.
- Take your daily multivitamins and supplements as recommended.

5. Warning Signs (Contact Surgeon Immediately)

- Fever over 101F (38.3C).
- Persistent nausea or vomiting.

- Severe abdominal pain that does not improve with medication.
- Redness, swelling, or foul-smelling drainage from incisions.
- Shortness of breath or chest pain.

Follow-Up Appointment: [Date and Time] with [Doctor/Clinic Name].

Signed,

[Physician Signature]

[Hospital/Clinic Name]