

Contact numbers after discharge home.

Non urgent enquries - Mon –Fri 09.00-16:00 Designated nurse hotline 01582 497423

urgent enquiries, Obesity admin office Mon – Fri 8.30 – 16.00

01582 497421

**Out of hours and weekends emergency please call 01582 491166 and ask for the on call surgical registrar**

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**Enhanced Recovery After Bariatric Surgery**

**(Bring this sheet into hospital with you as a guide!)**

**Enhanced Recovery is a modern, evidence based approach which can help to reduce the risks of surgery and can help you to recover more quickly.**

Enhanced recovery is sometimes referred to as rapid or accelerated recovery. It aims to ensure that patients:

* are as healthy as possible before their surgery
* receive gold standard intra-operative care
* have an active role in their own recovery supported by the healthcare professionals

Having an operation can be both physically and emotionally stressful. An Enhanced Recovery Programme aims to get you back to full health as quickly as possible. Research has shown that the earlier a person gets out of bed, starts walking and drinking after having an operation, this helps to reduce complications and get back to normal daily living.

**Preparing for your Surgery**

Before surgery it is really beneficial to try and be as fit as possible. Fitness for your surgery can be discussed with your GP and can include; smoking cessation, reducing alcohol intake and managing long term health conditions such as high blood pressure and diabetes.

It is also very valuable for your recovery to increase any exercise you might be able to do, even a short walk every other day to start with to safely increase your heart rate as able can be beneficial to your post-operative recovery. Also, practicing deep breathing is key as you will need to do this regularly after your surgery to help to avoid the risk of chest infections.

# Things to bring into hospital with you…

* **Your diet sheet!**
* High protein fluids (items that do not need refrigeration) Oxo cubes, sugar free squash, small tubs of custard etc
* Comfortable loose fitting day clothes and shoes to change into the morning after your surgery
* Nightwear, well-fitting slippers and toiletries
* Any regular medications that you are currently taking, in their original containers. Ensure you hand these to your nurse when you get on the ward.

**After your surgery in the recovery area**

* You should now be able to start drinking – please check with your nurse or surgeon first.
* You should start drinking approx. **30mls every 10-15mins** , water at first and if managing small amounts you can increase the volume you are drinking and then progress to squash, tea and coffee.
* Tepid fluids are best rather than too cold or hot.

**On the ward**

* You will have some fluids going into your arm. **It is extremely important that you continue to drink and progress to drinking freely so that you are well hydrated** therefore the fluids going into your arm can be removed as soon as possible
* To help reduce the risk of developing blood clots (DVT) and chest infections you now must get up and move around (with supervision at first!) Continue to walk regularly on the ward until you go home!
* When you need to go to the toilet, find the nearest one and walk there with help. This again gets you moving and helps greatly with trapped wind from the surgery which can cause discomfort.
* If you do feel nauseated please make the nurses aware who can give you some medication to help, after about 20 mins try to drink again
* It is expected you will have some discomfort following your surgery and you will be given pain relieving medication to manage this on the ward and also for discharge. You can request additional pain relief, also known as a Top Up or PRN as you may have some peaks in pain levels. **Please ask your nurse for this as it will not be given automatically.**
* You may return from surgery with a pain relief patch on your upper arm. This is applied in theatre and stays on for 7 days at which point you should remove and dispose.

**Going home**

This should be the morning after your surgery providing you have met the discharge criteria which is;

* You are medically fit i.e. your blood pressure, heart rate and temperature are within normal range for you.
* You are drinking adequately (aiming for 1.5 litres over 24 hours)
* Your pain is reasonably well controlled on the pain relieving medication you are on in hospital

You will be given medications and a discharge letter. Please make sure you understand how and when to take the medications given to you.

You will have a follow up appointment booked for 6 weeks.