

Post-Operative Care Instructions for Bariatric Patients

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Surgeon: [Insert Surgeon Name]

Procedure: [Insert Type of Bariatric Surgery]

General Instructions:

- Follow your prescribed diet as directed.
- Stay hydrated by sipping water throughout the day.
- Take all medications as prescribed.
- Avoid carbonated drinks and high-sugar foods.

Wound Care:

- Keep the surgical area clean and dry.
- Change dressings as instructed.
- Watch for signs of infection (redness, swelling, discharge).

Physical Activity:

- Begin walking as soon as you are able.
- Avoid heavy lifting and strenuous activities for at least 6 weeks.
- Gradually increase your physical activity as tolerated.

Follow-Up:

Schedule your follow-up appointment on [Insert Date].

Contact Information:

If you have any questions or concerns, please contact our office at [Insert Phone Number].

Best wishes for a smooth recovery,

[Insert Surgeon Name]

[Insert Clinic/Practice Name]