

# Post-Operative Care Instructions

Dear [Patient's Name],

Congratulations on your recent bariatric surgery! To ensure a smooth recovery, please follow these instructions:

## Dietary Guidelines

- Follow the prescribed post-operative diet.
- Stay hydrated by drinking at least 64 ounces of fluids daily.
- Avoid sugary drinks and alcohol for the first 6 months.

## Activity Recommendations

- Start with walking; aim for at least 30 minutes each day.
- Avoid heavy lifting (over 10 pounds) for 6 weeks.
- Consult your doctor before starting any exercise program.

## Medication and Follow-Up

- Take medications as prescribed, and ensure to follow up with the clinic.
- Attend your follow-up appointment in [insert time frame].

## Warning Signs

Contact your surgeon if you experience:

- Severe pain not relieved by medication.
- Fever over 101degF.
- Signs of infection (redness, swelling, or discharge).

We wish you a speedy recovery!

Sincerely,

[Your Name]

[Your Title]

[Clinic/Hospital Name]