

# Bariatric Surgery Post-Operative Care Expectations

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Patient Address: [Insert Patient Address]

Dear [Patient Name],

Congratulations on successfully completing your bariatric surgery. As you begin your recovery process, it is important to understand the post-operative care expectations to ensure a smooth and safe healing journey.

## 1. Follow-Up Appointments

It is crucial to attend all scheduled follow-up appointments to monitor your progress and address any concerns that may arise. Please keep your appointments on [Insert Dates].

## 2. Diet Progression

Initially, you will be on a clear liquid diet, gradually introducing pureed foods, and eventually moving to solid foods. Please follow the dietary guidelines provided by our team.

## 3. Activity Level

Light activities such as walking are encouraged soon after surgery. Please avoid strenuous exercises and heavy lifting for at least [Insert Time Frame].

## 4. Medication

Please take all prescribed medications as directed, and manage pain as per the instructions given. Do not hesitate to contact us if you experience persistent pain or discomfort.

## 5. Signs to Watch For

Please be vigilant for any signs of complications such as excessive bleeding, fever, or difficulty breathing. If you notice any of these symptoms, please seek medical attention immediately.

Your commitment to following these guidelines will significantly enhance your recovery experience. Should you have any questions or concerns, please do not hesitate to contact our office.

Wishing you a smooth and healthy recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]