

# Roux-En-Y Gastric Bypass: Returning Home

Having Roux-En-Y Gastric Bypass is life-changing, but it's only the first step in your weight loss journey.

The success of your gastric bypass is up to you.

Following your care team's discharge instructions as well as healthy eating, exercise, and lifestyle directions can help you through recovery and long after.

In the first few days after surgery, you may have belly cramping, nausea, and pain at the incision site.

Tell your doctor if your pain is severe or does not get better with time.

Do not lift anything over 10 pounds during your recovery and as instructed by your doctor.

Within 2 days after surgery, you may shower.

Within 3 weeks: You can drive once you no longer need to take pain medicines.

And you may resume having sex.

Within 4 weeks: You may return to work depending on the type of work you do as directed by your doctor.

While you're recovering, get moving. But start easy. Try walking every day.

Ask your care team what activities are best for you.

You'll have a special meal plan to help your stomach heal.

Drink low-sugar liquids such as decaffeinated coffee and tea for the first several weeks, next pureed foods such as applesauce, then soft foods like bananas and soft-boiled eggs, and eventually solid foods.

You'll also need to eat at least 60 grams of protein every day. Protein helps you feel fuller longer and prevents muscle loss.

Choose foods high in protein like chicken, tofu, low-fat yogurt, and protein shakes.

Your body won't be able to take in all the vitamins and nutrients it needs through food alone, so take a multivitamin every day. Your doctor may ask you to take mineral supplements as well.

Remember, your stomach is much smaller now and can only hold a small amount of food.

So you'll need to eat smaller meals, eat slowly, chew your food well, don't eat and drink at the same time, and stop eating when you are satisfied, don't keep eating until you feel full.

You can stretch the stomach pouch if you do that.

As you recover, avoid: Sugary foods and drinks. They can cause dumping syndrome.

Foods like ice cream and soda can cause nausea, diarrhea, stomach cramping, and hypoglycemia or low blood sugar.

# Roux-En-Y Gastric Bypass: Returning Home

Limit oils and fats. Too much fat can make you feel nauseous. It can also slow your weight loss.

Don't drink alcohol. Your body can't handle it like before surgery.

And don't smoke. Smoking causes ulcers at the bottom of the stomach pouch.

And don't take NSAIDS. Medicines such as ibuprofen, aspirin and naproxen can cause ulcers.

Within the first three to six months after Roux-en-Y surgery, you'll lose weight quickly. And you may feel tired or cold sometimes.

You may also have body aches, dry skin, hair loss or thinning and mood changes.

These changes should stop as your body adjusts to your weight loss.

Your care team can help you adjust to the changes.

Keep all your follow-up appointments and ask any questions you have.

You can also join a support group online or in your area.

Gastric bypass surgery is a lifelong commitment but if you stick to your meal plan, exercise and lifestyle changes you'll be successful.