



After Surgery

Daily Activity Checklist



Day of Surgery:

- Get up to a chair. Walk to the nurses station once.
- Leg compression device on while in bed
- Cough and deep breath with device every hour
- Ice Chips: Follow the five S's
 1. **S**low
 2. **S**teady
 3. **S**ips
 4. **S**top when full and wait
 5. **S**top for nausea and alert your nurse



Day After Surgery through Discharge:

- Walk in hallway every hour while awake (minimum of 8-10 separate times)
- Leg compression device while in bed
- Cough and deep breath with device every hour
- Clear Liquids: Follow the five S's
- 0600 Make a list of questions you would like to ask

1. _____
2. _____
3. _____



Discharge Requirements:

- Tolerating oral pain medications if needed
- Drinking adequate amounts of fluid to stay hydrated
- Able to complete activities on activity checklist



Travel from Hospital to Home:

- Stop and walk EVERY hour on the drive home



At Home:

- PAIN:** take pain medications as prescribed
- STAY HYDRATED:** minimum of 48 oz of fluid daily
- KEEP MOVING:** walk often prevent blood clots, reduce gas pain, and stimulate stomach emptying
- CONTACT US:** for questions or issues follow directions on your Bariatric HELP CARD or Hospital Discharge Instructions





Help After Surgery

Bariatric Surgery

We want to know about it!

Please call 501-227-9080 with any questions or concerns, or if you experience any of the following:

- Abdominal Pain
- Dehydration
- Fever
- Diarrhea
- Fatigue
- Nausea and Vomiting
- Wound Issue

EMERGENCY Call 911 or Baptist Health-Little Rock
at 501-202-2300

I'M NOT SURE Call the On-Call Surgeon at 501-377-1144

AT ANOTHER HOSPITAL Call the On-Call Surgeon at 501-377-1144

NON URGENT Call your bariatric surgery office during regular business hours to
schedule an appointment or be seen that day at 501-227-9080

CONTACT INSTRUCTIONS



Baptist Health
BARIATRIC CENTER



myBaptistHealth
WITH MyChart

Use the myBaptistHealth app with MyChart patient portal
to for non-emergent direct contact with your provider.



Water Challenge



The Challenge

Drink at least one full bottle (27oz.) every day.



Instructions

Fill your bottle every morning with water or a calorie-free sugar-free beverage. Drink between meals and shakes.



Rules of Participation

Follow the 5 S's:

1. Slow
2. Steady
3. Sips
4. Stop when full
5. Stop during and after non-liquid meals



Baptist Health
BARIATRIC CENTER

Stay Healthy and
Stay Hydrated!