



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 64 oz of fluid daily
- KEEP MOVING:** walk often to prevent blood clots, reduce gas pain, and stimulate stomach emptying
- CONTACT US:** for questions or issues, follow directions on your Hospital Discharge Instructions or call the clinic at (501) 227-9080.





Bariatric Post-Op Checklist

- Keep your book in a safe place, you will be referring to this daily
- Always have water with you, sip on it throughout the day (48-64 oz.)
- NO GULPING, NO STRAWS
- No sugary and carbonated beverages, or alcohol
- Start chewable or liquid vitamins around week 2 as tolerated (no gummies)
- Measure your food, stop when you feel full
- Try one new food at a time
- Refer to the book for recommended week/phase of approved foods
- Don't miss follow-up appointments
- No drinking while eating, wait 30-60 minutes after
- Look into using a phone app or alarms on your phone to help remind you to complete all goals for the day
- Begin a purposeful exercise routine to avoid blood clots and improve progress
(*Example: Start with 1 minute per hour of walking and add 1 minute per day.*)

