



Jiannren Hospital Body Health and Beauty Center Laparoscopic Sleeve Gastrectomy/ Stomach bypass Surgery

Introduction

"Stomach" is one of the digestive organs of the human body. It functions as storing, stirring, grinding and digesting food. The chyme is delivered to the small intestine for further digestion and absorption. When the "stomach" is treated with surgery, the capacity of stomach will decrease, and it is important to eat properly and equitable amount of food to minimize uncomfortable symptoms after the operation. We are very concerned about the recovery situation of every patients after the operation. Please don't hesitate to contact us if you have the following uncomfortable symptoms within three months after the surgery.

※ Uncomfortable symptoms

Fever	Measure body temperature based on ear and axillary temperature. If there is a fever, drink plenty of water, exercise the body lightly (ex. Walking or stretching), and cough up sputum (if any). If you continue to have high fever, please return to the hospital. Seek medical attention in an emergency department.		Normal range (Average body temperature)
		Ear temp.	35.7~37.5 (36)
		Axillary temp.	35.3~37.1 (36.2)
Stomachache	It is normal to experience local pain in the wound after the operation. If the range of pain is largely beyond the wound and suspected leakage, please go back to the hospital for emergency treatment.		
Bloody stool	Most of the red bloody stools are caused by lesions in the lower part of the small intestine, large intestine and anus, especially in the rectum and anus. When the esophagus, stomach, duodenum or proximal small intestine is rapidly and massively bleeding, it may also lead to red bloody stools. When small amount of bleeding occur, the colour of the bloody stool becomes black.		

※ Possible gastrointestinal symptoms

Abdominal distension	Since capacity for food has been reduced, it may cause swelling of the upper abdomen upon eating. Please note the following: (1) Chew slowly and eat multiple meals of small portions. (2) Eat food that is easy to digest and gentle to the stomach. (3) Avoid eating sweets and gas-producing foods. Ex: beans, onion, potato, glutinous rice and soda.
Vomit	Since capacity for food has been reduced, eating too fast or excessively may cause vomiting. Please eat slowly and gently, eat fewer meals consisting of larger portions.



Gastroesophageal reflux	After the operation of stomach, since capacity for food has been reduced, eating may be followed by bloating, vomiting, or gastroesophageal reflux. Please eat slowly and gently, eat fewer meals consisting of larger portions. Eat food that is easy to digest and gentle to the stomach. Avoid eating sweets, gas-producing and irritating foods. Take antacids regularly to reduce acid reflux.
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※ **Notifiactions**

Avoid lifting heavy objects	Can perform daily activities and light work within one week after the operation and avoid lifting heavy objects within one month . Do no exercise extensively, or the wound would not heal as well. For example: basketball and swimming.
Wound care	Nursing staff will assist in dressing change during hospitalization. A dressing pack can be purchased upon discharge. If the wound is wet after returning home, use the iodine swabs to sterilize the wound from the inside to the outside. Clean the wound with saline solution swab from the inside to the outside in a circular motion. Cover with sterile gauze or waterproof dressing.