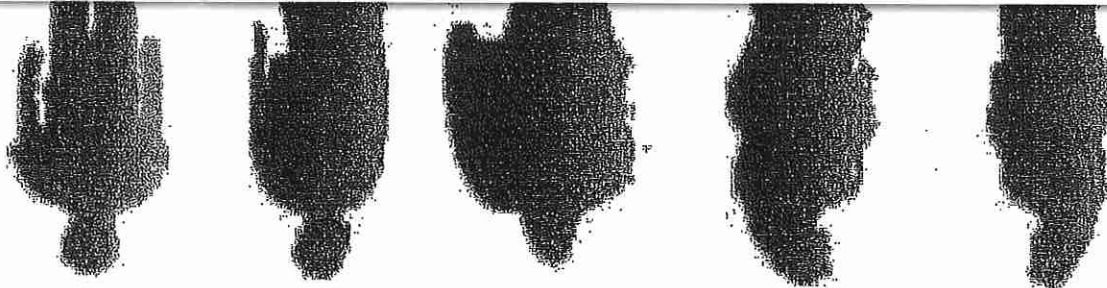


**HDGH  
BARIATRIC  
CENTRE**

# **SURGICAL EDUCATION MANUAL**



[www.hdgh.org/bariatricsurgerymedicalprogram](http://www.hdgh.org/bariatricsurgerymedicalprogram)



**HÔTEL-DIEU  
ESTÉ GRACE 1888  
HEALTHCARE**



## Regional Bariatric Assessment & Treatment Centre of Windsor

### General Information:

#### A. Surgeon Decides

1. Roux-En Y or vertical sleeve gastrectomy
2. Laparoscopic approaches

#### B. Major Surgery

- Done under general anesthetic
- Last 2-3 hours or possibly more
- Hospital stay is 2-3 nights or more if needed

Results in substantial permanent change to stomach (VSG) and/or intestines (RNY)  
Requires lifelong monitoring and vitamin & mineral replacements

#### C. Visiting

- Family and friends are not allowed to sleep at bedside unless in a critical care setting (subject to the hospital visitation policy)

#### D. CPAP

- If CPAP compliance (usage) reports are requested, a minimum of 4 hours per night over a minimum of 2 weeks is required (may require repeat reports if necessary).
- Patients are required to bring their own machine, with water, to the hospital on the day of their surgery (Label your machine with your name).

### General questions to ask your surgeon on your consult

- When do I go back to work?
- When should I start to exercise?
- When can I start driving?
- What medications should I be taking after discharge?
- Any lifting restrictions?





**THESE SYMPTOMS REQUIRE IMMEDIATE ATTENTION!!  
GO TO YOUR NEAREST EMERGENCY DEPARTMENT  
IMMEDIATELY, CALL 911 IF NEEDED!!**

(THEN CONTACT YOUR SURGEON AND HDGH BARIATRIC CLINIC)

**1. Signs of Dehydration:**

- Persistent nausea/vomiting
- Dark urine, urinating less than 4 times in 24 hours
- Drinking less than 1.5 to 2 litres of fluid per day
- Dizziness, light-headedness, irritability
- Dry mouth and skin
- Tiredness or fatigue
- Headache

**Usual Treatment:**

- Rehydration with intravenous solution

**Untreated:**

- May lead to severe malnutrition or dehydration
- Organ failure

**2. Signs of Ulcers:**

- Abdominal pain, related or unrelated to food
- Black tarry stools
- Nausea and/or vomiting

**Usual Treatment:**

- Medicine and/or surgery

**Untreated:**

- May lead to perforations, leaks, severe infections, malnutrition, severe bleeding





### 3. Signs of Bleeding:

- Rapid heart rate (>100 BPM)
- Dizziness, weakness
- Low blood pressure

#### **Internal Bleeding: Above symptoms plus**

- Vomiting blood (black coffee grounds or bright red)
- Dark black, tarry stools or bright red rectal bleeding

#### **External Bleeding:**

- Rapid heart rate ( greater than 100 bpm)
- Dizzy, weak
- Low blood pressure
- Large bruised areas rapidly increasing in size
- Visible continual oozing of large amounts of bright red blood from surgical wounds

#### **Usual Treatment: Medical**

- blood transfusions, medications etc. and/or emergency surgery

#### **Untreated:**

- May lead to death

### 4. Signs of Leaks:

- Elevated heart rate (greater than 100 bpm)
- Fever >100.5° F (38.0° C)
- Unusual pain in arms, shoulders, back
- Abdominal pain not relieved by pain medications (may or may not be related to food or fluids)
- Feel unwell
- Sweaty/clammy
- Possible nausea/vomiting

#### **Usual Treatment: Medical**

- Surgery

#### **Untreated:**

- May lead to severe infections, ulcerations, death





## 5. Signs of Blood Clots:

### Deep Vein Thrombosis (DVT)

- Severe pain in legs or calves
- Redness and/or swelling of limb

#### Usual Treatment:

- Blood thinners

#### Untreated:

- May move to lung or cause blockage of nutrients & oxygen to affected are of the lung

### Pulmonary Embolus (Blood clot in lung)

- Unusual shortness of breath and/or difficulty breathing
- Rapid pulse or heart rate (greater than 100 bpm)

#### Usual Treatment:

- Blood thinners

#### Untreated:

- May lead to severe lung problems or death

### Arterial Blood Clot (legs)

- Severe pain in affected limb
- Cold, pale, numb below clot
- Possible swelling of affected limb

#### Usual Treatment:

- Anti-coagulants and/or surgery on affected limb

#### Untreated:

- Clot may travel to other vital organs (brain, heart, kidneys, etc. causing stroke, heart attack etc. or death)
- May lead to loss of affected limb





## 6. Signs of Infection:

- Fever >100.5° F (38.0° C)
- Rapid pulse (>100 BPM)

### **Wound Infection: Above symptoms plus**

- Severe redness, swelling
- Foul smelling, pus-like drainage

### **Lung Infection (pneumonia):**

- Fever >100.5° F (38.0° C)
- SOB (short of breath)
- Chest pain when breathing

### **Usual Treatment:**

- Antibiotic therapy

### **Untreated:**

- May lead to sepsis (**life threatening**, severe infection that affects vital organs)

## 7. Signs of Obstruction or Hernias:

### **Internal**

- Abdominal pain or colic, may be constant or 1 intermittent depending on severity
- Nausea/vomiting usually with food or fluid intake
- Little or no bowel movements

### **External**

- Protrusion of bowel through wounds
- Pain in abdomen

### **Usual Treatment:**

- Surgery \*\*Remind hospital bariatric patient, no NG tube \*\*

### **Untreated:**

- May lead to “dead bowel” with emergency surgery to remove the affected bowel
- Death





## 8. Signs of Heart Problems: (New or Worsening)

- Chest pain and/or pain radiating to neck/arms
- Possible nausea, sweating, paleness
- Difficulty breathing, shortness of breath
- Change in heart rate & rhythm
- Chest heaviness

### Usual Treatment:

- Medical and or surgery depending on diagnosis

### Untreated:

- Further heart damage and/or death

## 9. Signs of Severe Depression/Anxiety:

- Thoughts of suicide **CALL 911**

### Usual Treatment:

- Adjustment or initiation of medications
- Intense counseling

### Untreated:

- Further increase in feelings of depression/anxiety
- Death

## When Presenting to ER:

- You must tell staff what type of bariatric surgery was done, where and when the bariatric surgery was done
- Have card or medical alert bracelet on hand
- Describe symptoms in detail

## Medication Alerts:

- Lifetime avoidance of NSAIDS (Non-Steroidal Anti-Inflammatory Drugs) in any form (oral, topical, intravenous, rectal) some examples include Ibuprofen, Motrin, Voltaren, Advil, Aleve, Ketovelac, Celebrex, Naproxen, etc.; No Aspirin or Aspirin based products (unless directed by a physician).
- Any timed released medication needs to be changed to more immediate release. Some examples are drugs with name endings in SR, XL, and CD etc.  
**NOTE:** birth control pills may be ineffective – requires additional methods

