

GUIDELINES FOR YOUR BARIATRIC SURGERY

NSAIDS (Non-Steroidal Anti-Inflammatory)

NSAIDS have been linked to causing ulcers following weight loss surgery and should be avoided. Examples include: Advil, Aleve, Anaprox, Ansaïd, Aspirin (Excedrin, Bufferin), Beta, Cataflam, Celebrex, Clinoril, Daypro, Feldene, Ibuprofen, Indocin SR, Lodine, Lodine XL, Motrin, Naprelan, Naprosyn, Orudis, Relafen, Tolectin, Toradol, Vioxx, Voltaren.

Use of any of these medications must be discussed and approved by your surgeon.

STERIODS

Oral Steroids are not permitted after surgery. Immunomodulators such as methotrexate, embrel, and humera must be discussed and approved by your surgeon. Avoid the use of intravenous steroids under any circumstances.

DIURETICS (WATER PILLS)

Use caution when using diuretics (water pills). This is especially important in the early postoperative period when it can be more difficult to get in enough fluid. Please discuss with your surgeon.

TRAVEL

Long car trips, prolonged seating, and airline travel must be discussed with your surgeon if they occur within 30 days of surgery. These activities may put you at risk of developing blood clots.

HERBAL SUPPLEMENTS

Do not use fish oil, garlic, ginseng, ginkgo, or other herbal supplements within 2 weeks of surgery. They may all cause increased bleeding.

PREGNANCY

Forms of birth control such as oral pills, patches, injections, implants or vaginal rings need to be stopped one month before surgery and should not be resumed until one month after surgery. Use extreme caution during this time and use reliable method of birth control to prevent pregnancy. The use of condoms, although not 100% effective, is the most reliable. A diaphragm is acceptable, but must be continuously adjusted with weight loss.

Patient Signature

Date

Witness Signature

Date

