

GUIDELINES FOR YOUR BARIATRIC SURGERY

1. Smoking and the use of nicotine products of any kind are forbidden for life. They can cause serious life threatening complications after surgery.
2. Abstinence from alcohol is required for one year following surgery. Following the first year, only moderate alcohol use is permitted. i.e. one glass of wine on a very special occasion (wedding, graduation, anniversary etc.) Daily use is not considered moderate. Several drinks at one time, even infrequently, are not considered moderate for bariatric surgery.
3. Avoid the use of aspirin for life. Examples include: Bayer, St Joseph, Excedrin etc. This should only be allowed on a case by case basis. i.e. under the direction of a cardiologist for someone with heart disease. This must be discussed and approved by Dr. Chebli
4. Avoid the use of NSAIDs. Examples include: ibuprofen, Advil, Naprosyn, Alleve, Toradol etc. These drugs are only allowed on a case by case basis. They must be discussed and approved by Dr. Chebli
5. Oral Steroids are not permitted after surgery. Immunomodulators must be discussed in detail i.e. methotrexate, embrel, humera, etc and on a case by case basis.
6. Caution must be used by patients 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 Dr. Chebli.
7. Long car trips, prolonged seating, and airline travel must be discussed with Dr. Chebli if they occur within 30 days of surgery.
8. Avoid the use of intravenous steroids under any circumstances.
9. This item pertains only to women who can become pregnant. Pregnancy is not allowed for 18 months following surgery. The most effective way to avoid pregnancy is abstinence. If this is not practical, then barrier contraception is the most effective. The use of condoms, although not 100% effective, is the most reliable. A diaphragm is acceptable, but must be continually adjusted with weight loss. Birth control pills are not reliable during massive weight loss
10. Do not use birth control pills within 2 weeks of surgery. They can increase the risk of blood clots.
11. Do not use fish oil, garlic, ginseng, ginkgo, or other herbal supplements within 2 weeks of surgery. They may all cause increased bleeding. The same applies to Aspirin or Non-Steroidal(NSAIDs) drugs.

I will keep this list somewhere safe. I understand all of the above, and I will comply.

Signature

Date

Printed name