General Information:

A. Surgeon Decides
   1. Roux-En Y or vertical sleeve gastrectomy
   2. Open or laparoscopic approaches

B. Major Surgery
   - Done under general anesthetic
   - Last 3-4 hours or possibly more
   - Hospital stay is 2-3 days or more if needed

Results in substantial permanent change to stomach (VSG) and/or intestines (RNY)

Requires lifelong monitoring and vitamin and 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
   - CPAP compliance (usage) reports are required minimum of 4 hours per night over a minimum of 2 weeks: may require repeat reports if necessary.
   - Patients are required to bring their own machine to the hospital on the day of their surgery.

Surgeons in Toronto
   - Dr. A. Okrainec
   - Dr. T. Jackson
   - Dr. T. Penner
   - Dr. D. Urbach

What to ask the Surgeons?
   - 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?
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

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
- 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
- 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 area of the lung

Pulmonary Embolus (Blood clot in lung)
- Unusual shortness of breath and/or difficulty breathing
- Rapid pulse or heart rate

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 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, ASA (unless directed by Physician) Motrin, Voltaren, Advil, Aleve, Ketovelac, Celebrex, Naproxen, etc.
- 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