



Kevin F. Montgomery, MD, FACS
Brad M. Watkins, MD, FACS
Jessie H. Ahroni, Ph.D., A.R.N.P.

Surgery Instructions

Admission Date_____ **Time of Surgery**_____ **Time of Arrival**_____

Losing ten pounds before surgery will shrink your liver, decrease surgery time, lower risks and decrease bleeding. A 2 week period of Optifast will reliably decrease the size of your liver and make your surgery safer.

You may have nothing to eat or drink after the midnight preceding surgery.

You may take needed medications (such as heart or blood pressure medications) with sips of water the morning of surgery.

Do not take any aspirin, Advil, Nuprin, Aleve or any other non-steroidal anti-inflammatory medication for 7 days prior to surgery. These medications cause unnecessary bleeding after surgery. This includes baby aspirin and most arthritis medications. If you are not sure, please check with your surgeon. For headache or minor pains you may use Tylenol. You may restart these medications the next day after surgery.

Do not take estrogen, progesterone or hormone replacement medications for one month prior to surgery, one week at a minimum.

Do not take any herbal medications for 7 days prior to surgery.

Please bring your medications in properly labeled pharmaceutical bottles for documentation of dosages.

You will need to make arrangements for someone to drive you home after you are discharged from the hospital or surgery center.

425-385-2263 • FAX 425-385-8476 • www.thelapband.com
125- 130th Street SE, First Floor • Everett, Washington 98208
Members, American Society for Bariatric Surgery

You will be on a liquid diet for two weeks after surgery. Stock up on sugar-free liquids: Crystal Light, fruit juices, apple sauce, yogurt, sugar-free pudding, sugar-free jell-o, thin soups and caffeine-free teas. If you do not like the flavor of chicken broth, make chicken noodle soup and strain out the solids. Avoid carbonated beverages (fills the stomach with gas). Avoid sugar (extra calories that fight against weight loss). Caffeine makes you urinate more and can lead to dehydration.

You will need to drink plenty of liquids to prevent dehydration after surgery. Sport drink bottles with measurements on the side will help ensure you are drinking enough liquid. You will need to drink at least 64 ounces (four 16 ounce bottles) per day to prevent dehydration. You will not be able to gulp liquids so you will want to drink small amounts throughout the day.

If your insurance company has agreed to cover your surgery, you will need to contact them prior to entering the hospital. They may have special requirements you need to fulfill prior to your surgery.

If you will be in the hospital after surgery, you may want to bring bottled water, sugar-free hard candy and comfortable shoes.

For added pain relief after surgery, it is a good idea to take ibuprofen 400mg (two 200mg tablets) every 4 to 6 hours for the first 3 days.

Start taking your daily Flintstones vitamin before surgery. Any multi-vitamin is fine, but large pills are difficult to take after band surgery. Some patients prefer Costco chewable vitamins, Centrum chewable vitamins, other children's vitamins, liquid vitamins or breaking a normal vitamin pill in half.

For Questions, please call the office at 425-385-2263.