

What do I do?

What do I do if I am vomiting?

First rule out that there is something stuck, and if so try the anti-blockage recipe or try papaya enzyme tablets. If nothing is stuck, stay on the stage 1 clear liquid diet. If vomiting continues for 24 hours or more, contact the office.

What do I do if I am frothing?

As your new stomach heals, extra mucous is sometimes excreted to help break down food. Sometimes the mucous may back up into the esophagus and cause clear, frothy vomiting. This frothing is usually short lived so don't panic. Frothing is also sometimes linked to food getting "stuck." If this is the case, follow the anti-blockage recipe or papaya enzyme tablet instructions.

What do I do if I get gas pains?

Gas pains are very common in the first few weeks following surgery. When laparoscopic surgery is done, the surgeons fill your abdomen with gas and therefore can cause you to experience gas pains. To relieve gas pains, the best thing you can do is walk around! You may also try an over the counter anti-gas medication such as Gas-X[®] dissolvable strips. If you have any doubts or questions about your pain, please contact the office.

What do I do if I am experiencing hair loss?

Hair loss is more common with gastric bypass patients and is often related to a deficiency in protein intake. If you are noticing hair loss or thinning you should take a closer look at your daily protein intake, which should be between 60-80 grams a day. If you are having trouble getting in enough protein, you should contact your nutritionist.

What do I do if I have a change in my bowel habits?

It is common for patients to have some bowel habit changes following surgery, particularly gastric bypass surgery. These changes include diarrhea or constipation.

Diarrhea: Gastric bypass patients may experience dumping syndrome which is often caused by patients eating foods with sugar. In this case it is recommended that you avoid foods or liquids with sugar.

Constipation: Many patients experience constipation a few days after surgery, which is often attributed to the intake of prescription pain medication. If you do not need to take the prescription for pain, then don't. If constipation persists and you do not move your bowels for 1-2 days, you should take a mild laxative such as Milk of Magnesia[®]. If the constipation persists or worsens, contact the office.

Please note that constipation may also be caused by increasing protein in the diet and not getting in enough fluids, so make sure you are taking in 48-72 oz of fluid per day.