



# De eerste 2 weken na een operatie tegen ernstig overgewicht - Engels

## The first two weeks after surgery for severe obesity

This leaflet contains information about the first two weeks after gastric bypass or gastric sleeve surgery or other surgery for severe obesity at Spaarne Gasthuis.

### **Physical activity and working**

- You'll need to move around a lot. Take a stroll outside or walk around your house.
- Do not lie in bed during the day. At night, you may occasionally pull up your knees while in bed.
- You may cycle, walk and swim, but avoid any heavy abdominal exercises.
- You should not do any heavy lifting for the first three weeks. That means lifting no more than five kilos.
- You should not fly for the first six weeks.

### **Surgical wounds and exposure to water**

- Your surgical stitches do not need to be removed. They'll dissolve on their own.
- The surgical wounds may get wet starting from the first day after your surgery. You're allowed to take a shower or bath.

- You may swim while you have surgical wounds, but do not enter a sauna or go under a tanning bed for the first six weeks after your surgery.
- Are your wounds leaking fluid or becoming red or thick? If so, contact the hospital.

## Defecation, pain and nausea

- It's normal to not have to defecate at all for the first week after your surgery. After that, your bowel movements will resume naturally.
- It's normal to experience mild abdominal pain for the first two weeks. The pain should lessen a little more each day.
- It's normal to have nausea for the first two weeks. The nausea should improve day by day. Vomiting is not good. See the 'Warning signs' section for what to do in case you're vomiting.

## Medications

- During your hospital discharge, you'll be instructed about which medication you'll need to take. The doctor may adjust your own medications.
- For the first week, you'll inject a blood thinner (Fraxiparine) into your abdomen or thigh every day.
- For the first three months, you'll take a stomach protector (e.g. 40 mg of pantoprazole) every day.
- You may immediately begin taking a multi-vitamin pill every day. However, you may also wait two weeks to do so. After that, take a multi-vitamin pill every day.
- If you're in pain, take two tablets of paracetamol, if necessary. You may take two tablets (500 mg per tablet) three to four times a day. Do not take more than four doses of 1000 mg of paracetamol within a day.
- You should not take Diclofenac, Ibuprofen, Naproxen or other anti-inflammatory drugs (NSAIDs).

## Food and drink

- You'll receive instructions about eating and drinking for the first two weeks after your operation.
- For the first two weeks, you're absolutely not allowed to eat any solid foods. A piece of chicken, a bite of bread or even a biscuit can cause serious problems.
- The first day after your surgery, you'll only consume liquid foods. Starting from the second day, you can eat thicker and thicker food, but it will still need to be liquid.
- Only eat liquid or pureed foods. Use a hand blender or food processor for your foods.
- Eat with a spoon.
- Take your time to eat. Be sure to actually sit down and eat. Do this six times per day.
- Try to take small sips of drinks throughout the day. If cold drinks don't agree with you, try something warm (e.g. tea, soup).

## Warning signs

- If you think you may have a fever, take your temperature with a thermometer. If you have a fever exceeding 38.4°C, contact the Baria Nederland Outpatient Clinic or A&E.
- Come to A&E in case of:
  - severe abdominal pain
  - needing to vomit several times
  - suddenly becoming short of breath or having difficulty breathing

- black diarrhoea
- blood in stools or vomiting blood
- fainting

## Follow-up appointment

You'll have a follow-up appointment at Baria Nederland approximately two weeks after your surgery. Don't forget this appointment! If you are unable to attend, please let us know as soon as possible and schedule a new appointment without delay.

## Questions and telephone numbers

It's important that you receive clear and accurate information. If you still have questions, feel free to ask the doctor treating you. If you have any questions after your treatment in the hospital or encounter any issues at home, please contact the outpatient clinic. Write down your questions in advance so that you don't forget anything.

- Baria Nederland Outpatient Clinic +31 (0)23 224 0230  
on weekdays between 8 am and 12 noon and between 1 pm and 4 pm
- Spaarne Gasthuis A&E +31 (0)23 224 6880  
on evenings and weekends

**Non-urgent questions** can be asked during the check-up appointment or via [Mijnspaarnegasthuis.nl](http://Mijnspaarnegasthuis.nl).

## Our locations

### Haarlem Zuid

Boerhaavelaan 22  
2035 RC Haarlem

+31 (0)23 224 00 00

### Haarlem Noord

Vondelweg 999  
2026 BW Haarlem

[www.spaarnegasthuis.nl](http://www.spaarnegasthuis.nl)

### Hoofddorp

Spaarnepoort 1  
2134 TM Hoofddorp

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