

what to expect during your stay

We're pleased you've chosen St. Vincent's Medical Center for your weight-loss surgery. We're here to help you and your family every step of the way. Our expert weight-loss surgeons and compassionate staff will make you as comfortable as possible and keep you safe throughout your stay with us.

To help put your mind at ease, we've listed some details of what you can expect the day of, and immediately following your weight-loss surgery. Be sure to follow the pre-op instructions given to you by your bariatric surgeon.

Arriving at St. Vincent's: Checking In

Registration: Please bring with you photo ID and Insurance cards. You will complete some paperwork in the office, and then will be directed to the main operating rooms on Level 3. Your relatives will be allowed to stay with you until you are called into the operating room.

PRE-OP PROCEDURES

- In the pre-op area, you will receive a special gown and stockings.
 - An IV will be placed in your hand or arm in order to start intravenous fluids and administer antibiotics.
 - You will also receive an injection under your skin to help prevent blood clots.
 - A nurse will interview you and instruct you on how to use an incentive spirometer. This device is used to help expand your lungs and prevent pneumonia.
 - The anesthesiologist will interview and examine you.
 - You will wait to enter the operating room. The time of surgery that you have been given is only an estimate. All surgeries take as long as necessary to provide the best results, which could sometimes result in a delay of several hours.
- We understand you may be anxious, and we will do our best to make you comfortable. Please remember that when you are the patient in the operating room, the surgeon will take as much time and care as necessary to successfully complete your procedure.
 - When it is time to bring you into the operating room, your relatives will be instructed to wait in the waiting area, or main lobby of the hospital. They will be asked to provide a phone number, if they should choose to go to the cafeteria.
 - You will be escorted to the OR by the operating room nurse. You will see the equipment and instruments in the operating room and the room will be cool.
 - The anesthesiologist staff will place some sticky pads on your chest to monitor your heartbeat, as well as blood pressure cuff and oxygen monitor. An oxygen mask will be placed on your face and anesthesia will then be administered through your IV.

WEIGHT-LOSS SURGERY PROCEDURES: WHAT YOU CAN EXPECT

The next steps occur once you are asleep

- A tube is placed in your airway to help you breathe during the procedure
- A urinary catheter may be placed into your bladder
- The surgery begins. It may last between 45 minutes to 5 hours.
- The OR will notify your relatives when the surgery begins, and update them as it proceeds. The surgeon will speak with your family in the waiting room when the procedure is finished.

POST-OP RECOVERY IN HOSPITAL

- You will wake from surgery in the recovery room. You may not remember anything. You may not remember talking to your doctor in the recovery room.
- After surgery you will remain in the recovery room for 1-6 hours. You might experience some nausea and/or pain. This is common.
- When you wake up in the recovery room you may see drains protruding from your belly if you had the Gastric Bypass or Sleeve Gastrectomy surgery. These will typically be removed before you go home.
- After your stay in the recovery room you will be transferred to the Medical Center Level 10 South where you will stay until you are discharged.
- You will be asked to sit up in a chair and perform deep breathing exercises with an incentive spirometer 10 times every hour while you are awake.
- You will be asked to walk every 2 hours while awake in the hallways. It is imperative that you begin walking as soon as possible in order to prevent blood clots as well as help bowel function.

POST-OP SURGERY: WHAT YOU CAN EXPECT GOING HOME

- Once you're home, it is important that you follow the instructions you've been given.
- Strictly follow the bariatric diet.

POST-SURGERY FOLLOW-UP

- If you don't have one already, make sure to make an appointment to see your bariatric surgeon within 7-10 days following surgery.
- Follow-up with your primary care physician in 2-4 weeks.

ST. VINCENT'S MEDICAL CENTER: A LEADER IN WEIGHT LOSS SURGERY

At St. Vincent's state-of-the-art, comprehensive Bariatric Surgery Center, it is our responsibility to educate and support each individual's medical, surgical and emotional needs. The success of our Bariatric Weight Loss program is greatly enhanced by our counseling in the nutrition, exercise and psychosocial aspects of obesity.

Don't wait for weight-loss – learn more and know your options now by registering for a free, no-obligation, informational seminar. See how other Bariatric Surgery patients achieved their goals.

FOR MORE INFORMATION,
PLEASE CONTACT THE BARIATRIC
COORDINATOR AT (203) 576-5431