

Laparoscopic Gastric Bypass or Mclean Gastroplasty

Instructions For When The Patient Arrives Home

On the instructions of Dr Bruno Dillemans and when the patient arrives home the following instructions should be followed:

- Until the patient is able to move about normally, the white anti-flebitis stockings must be worn.
- The following drugs should be taken:
 - Subcutaneous LMWH (Clexane 40 mg or Fraxiparine 0.4) for 10 days after arriving home.
 - Zantac 150 mg, 1x/day for 28 days after arriving home.
- Ten days after surgery visit your GP, physician or nurse to check that your wounds are healing normally. The wounds are closed intradermally with resorbable sutures.(dissolvable stitches have been used) These do not need to be removed.
- Please be sure to follow strictly any dietary advice or instructions given by the dietician at the hospital.
- The use of aspirin or non-steroidal inflammatory drugs (such as Ibuprofen, Nurofen) are prohibited as they can cause stomach ulcers.
- In case of pain paracetamol or paracetamol with codeine may be taken.

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