

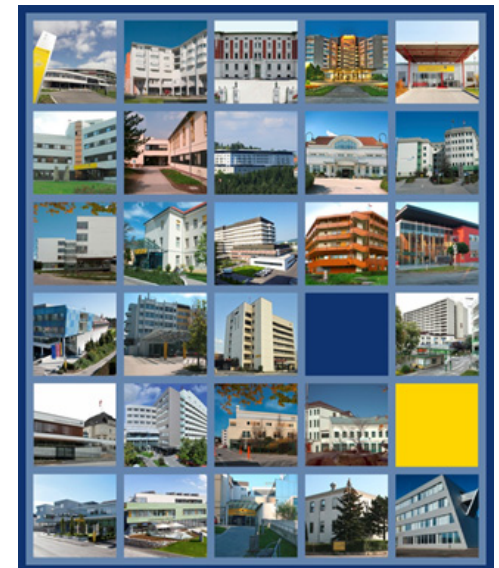
In the case of fever (temperature above 38 °C), swelling, pain or redness at the wound site or abdominal pain, you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

Surgery

Discharge information



Behaviour after gastric bypass or gastric sleeve surgery

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Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

We would like to make you aware that **different surgical techniques** exist and different precautions are recommended depending on which technique has been used. There are however some general guidelines that we would like to outline for you.

In the case of **open surgery**, physical rest and a break from sport of about four weeks is recommended.

In the case of **endoscopic surgery**, sport and the lifting and carrying of loads are possible, without restriction, after approx. three weeks.

Important general information

Removal of stitches

The stitches, staples or Steri-Strips will be removed on medical advice, generally seven to twelve days after surgery.

Postoperative pain

Pain may occur in the area around the surgical wound, however this usually subsides within one week.

A slightly swollen abdomen with shooting pains radiating into the shoulder is possible in the first week after surgery; this is due to the gas used with the endoscopic surgical technique.

Wound care

In principle, no specific scar treatment is required. However, regularly applying a skin care cream can greatly aid the healing process.

Nutrition

It is advisable to implement the recommendations discussed with, and provided in writing by, the dietician in your everyday life.

Personal hygiene

Showering is possible after drainage removal. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths should be taken at the earliest after the stitches are removed/once the former drainage site has healed.

Pay particular attention to skincare in areas affected by excess weight (abdomen, breast, etc.).

Check-ups

You will be given details of your follow-up appointments at discharge.