

Questions	Answers
<p>I am tired of losing weight and gaining it back. I am concerned about what may happen to me if I don't lose weight and keep it off. However, I wonder whether Bariatric surgery will be the answer.</p>	<p>Bariatric surgery is a great tool to help you reach your goal. However, you still need to make significant lifestyle changes in order to be successful in your efforts to lose weight and keep it off. Our team will help you work toward those sustainable changes prior to the surgery and will follow you up to 2 years after surgery to address any nutritional deficiencies and to support you through your journey.</p>
<p>Are there any risks associated with Bariatric surgery?</p>	<p>All medical procedures have risks, which may vary from one patient to another. Your Bariatric surgeon will be explaining all potential risks in your consultation.</p>
<p>I just attended orientation. What are the next steps and how long after the orientation I will have surgery?</p>	<p>You will receive an appointment for your initial appointment with one of our dietitians and social worker sometime after the orientation day, once you have opted-in. We will arrange for some tests such as, blood work, abdominal ultrasound, bone mineral density and sleep test to check for sleep apnea. Timeline to surgery varies from patient to patient, though most patients work with our allied health team on preoperative conditioning and lifestyle modifications for 6-12 months before meeting with a bariatric surgeon.</p>
<p>I came to the orientation with several other patients and most of them already have had surgery; why am I not being sent for surgery?</p>	<p>Each individual's journey is different and we encourage patients not to compare themselves with others, not knowing specific circumstances. We do our best to ensure that you are ready for surgery and that surgery is safe for you.</p>
<p>My referral was sent to the Bariatric clinic more than a year ago. How do I ensure that my consult has been sent received?</p>	<p>Please call your GP to inquire about the date your referral was sent and note that our waitlist is about 2.5 years from time of referral.</p>
<p>My doctor has referred me to the Bariatric clinic. How can I prepare myself to become surgical candidate as soon as possible?</p>	<p>You may start by researching our web page on: http://www.vch.ca/your-care/hospital-care/surgery/metabolic-bariatric-surgery for information on how to start preparing for bariatric surgery.</p>
<p>Someone told me that I can eat whatever I want after the surgery and I will still keep losing weight! Is this correct?</p>	<p>Bariatric surgery is just a TOOL and you will need to follow a healthy lifestyle and continue journaling in order to lose weight and maintain the weight loss once you have reached your goal weight.</p>
<p>Why is it important to have a family doctor?</p>	<p>You must be under the care of a primary care physician to be eligible as our clinic's focus is bariatric surgery.</p>
<p>Why should I stop taking vitamin or multivitamin and mineral supplements 10 days before the surgery?</p>	<p>Since they might have adverse effects on the surgery outcome such as blood thinning properties.</p>

What should I take with me to the hospital?	A complete list of items will be provided by the pre-admission clinic nurse closer to the date of surgery.
Are there any resources, beside manual, to help me learn about healthy eating and diet after surgery?	Please refer to the resources which were sent to you after orientation, 'mandatory resource list along with our web page: http://www.vch.ca/your-care/hospital-care/surgery/metabolic-bariatric-surgery
Why is it important to follow a pre-op diet 2-3 weeks prior to the surgery?	The purpose of pre-op diet is to shrink your liver in preparation for the surgery, so the surgery can be performed safely. There is a risk of abandoning surgery if the liver is not shrunk.
What should I do if I can't come to my appointment?	We require a minimum of 24 hrs notice if you are unable to attend a scheduled appointment, unless an emergency occurs. Missing 2 appointments will be an automatic discharge from the program.
What are the hospital's visiting hours?	10 am to 8 pm
Is there somewhere for my family member to stay while I am having surgery?	Yes, there are a few different waiting areas located by Family Resource Centre and near Starbucks.
What is the Pre-Admission Clinic appointment all about?	This appointment involves a meeting your Anesthetist to screen and assess your for general anesthetic and with a Registered Nurse about what to expect during your hospital stay. You will also be sent for a blood test, ECG, and chest X-Ray.

Post-surgery

How long will I be staying in the hospital after the surgery?	Usual stay is one night, though your surgeon may decide to keep you longer if needed.
Who will be reviewing my medications after surgery?	Your bariatric nurse will see you the day after your surgery in hospital and provide you with some instructions about your medications based on your surgeon's and/or endocrinologist's recommendations. We also advise you to see your family physician 1 week postoperatively to monitor your medications and recovery.
Whom should I contact if I have a problem or question after the surgery?	Your bariatric RN will see you the morning after your surgery and will give you a discharge pamphlet to refer to. You may contact her Monday – Friday from 8am – 4pm as needed. If you are experiencing an emergency then we recommend going to Richmond Hospital Emergency or your local ER as needed.
Can I swallow my medications after surgery or should I crush them?	Yes you may swallow you medications without crushing them. However, your supplements/vitamins must be in chewable or liquid form.
How soon after the surgery can I drive?	Wait at least 2 weeks before starting to drive again.

Can I wear my seatbelt in the car?	Yes you may.
Can I take medications such as Advil or Aleve after the surgery?	You must not take NSAIDS after any bariatric surgery as they increase your risk of gastric ulcers.
Can I fly after the surgery?	You can fly short distances as soon as you feel strong enough to make the trip. However, we do not recommend long flights for 6 weeks postoperatively to reduce the risk of blood clots.
How soon after the surgery I can go back to work?	We recommend 4 weeks off work. If your work involves heavy lifting, please discuss a note for 6 weeks off work with your GP.
How soon after surgery I can start exercising?	You will be encouraged to get up for short walks immediately after surgery. Short, slow walks help with your recovery and you can slowly increase the duration weekly as tolerated.
How soon after surgery I can start swimming?	Avoid swimming and swimming pools for 4-6 weeks postoperatively and longer if you have had any concerns with wound healing.
What tests should I do right after the orientation to get the process started?	Our unit clerks will arrange these tests which include a blood test, abdominal ultrasound, bone mineral density scan, and sleep studies.
How much weight will I lose after Bariatric surgery; is the weight loss the same after VSG, RYGB, SADI-S, and BPD-DS?	Weight loss varies between 50-80% of excess weight loss depending on the surgery performed. Please see web page for further information: http://www.vch.ca/your-care/hospital-care/surgery/metabolic-bariatric-surgery
Why should I avoid caffeinated beverages before and after the surgery?	Caffeinated beverages are an irritant to your stomach lining and can cause or worsen GERD as well as dehydrate you. We recommend weaning off all caffeinated beverages well before surgery and NO caffeine postop.
Why should I avoid carbonated beverages after the surgery?	You will feel extreme pain if you drink carbonated beverages after the surgery due to a much smaller stomach.
I love drinking wine/beer when socializing in summer. Will I be allowed to have alcoholic beverages after surgery?	We do not recommend consuming alcoholic beverages postoperatively for at least 1 year. There is also a risk of cross-addiction after bariatric surgery, thus if you wish to have alcohol it is only recommended to have small amounts rarely. Please note that consuming alcohol after a malabsorptive surgery can lead to higher blood alcohol levels with small amounts of alcohol. Lastly, we encourage patients to remember how small their stomach is and to avoid empty calories.
I had my surgery a few days ago and feel constipated; what should I do?	Water is your priority immediately postoperatively and we recommend at least 4 cups water/day. Please gradually increase your water intake as tolerated until you are back to a minimum of 8 cups/day. Follow the constipation protocol in the discharge pamphlet given to you by your bariatric RN at Richmond Hospital. We encourage you to start stool softeners the day you are discharged home as per your discharge instructions. Contact your bariatric RN if you need further guidance.

<p>I would like to get pregnant after my Bariatric surgery. How long should I wait?</p>	<p>We do NOT recommend getting pregnant until a minimum of 18 months following bariatric surgery to ensure healthy development of your baby. Please see our web page for further information: http://www.vch.ca/your-care/hospital-care/surgery/metabolic-bariatric-surgery</p>
<p>I am able to eat variety of foods now. Why should I still take supplements?</p>	<p>Bariatric surgery renders all patients malabsorptive, or with decreased ability of the digestive tract to absorb nutrients. This is one of the reasons weight loss occurs after surgery. As a consequence, patients have to take extra vitamins, and nutrients for the remainder of your life, as this occurs in over 50% of bariatric patients. The food you are eating now, while healthy, will not offer complete absorption of all nutrients, due to abnormal digestion, and therefore extra supplements are required in many people. You will be doing blood tests at 3, 6, and 12 months and annually after that to make any necessary adjustments to your supplements.</p>
<p>Why should I keep doing blood work for my appointments? I eat well and take my supplements regularly.</p>	<p>Since the bariatric procedure may put you at risk of nutritional deficiencies and only blood work can determine if you have any deficiencies before permanent damage is visible.</p>
<p>Why should I continue journaling after the surgery?</p>	<p>Journaling makes you accountable and you can find patterns if you are not tolerating certain foods. Also, your dietitian can determine whether you are consuming an adequate amount of nutrients.</p>
<p>I am feeling overwhelmed after the surgery since I used to eat food for comfort but I can't do that now. What should I do?</p>	<p>Please call our clinic to schedule appointments to talk to our dietitian and social worker.</p>
<p>What should I do with my excess skin now?</p>	<p>You may talk to your GP or surgeon about a referral to a plastic surgeon. Please note that plastic surgery is not covered by MSP.</p>
<p>When should I seek immediate medical attention after the surgery?</p>	<p>Any bleeding or signs of infection (fever over 38°C, unusual pain, swelling, foul smelling drainage, oozing) from incisions Persistent abdominal pain Severe bloating Persistent nausea, vomiting, diarrhea Inability to tolerate fluids Frequent dark and foul smelling stools Cramping/swelling/heat/pain in leg/calf Abdominal pain that is not relieved by pain medications Please call 911 if you have symptoms such as difficulty breathing, chest pain, pain/redness/swelling in calves, or intense abdominal pain accompanied by fever/increased heart rate, pale and clammy skin</p>
<p>Why is there so much emphasis on consuming adequate amounts of protein after surgery?</p>	<p>Adequate amount of protein is required for wound healing, maintaining ideal metabolism for faster weight loss, increasing digestion time, retaining muscle mass while burning fat and to maintain healthy nails/skin/hair and bones.</p>

How much fluids should I consume after surgery?	Your goal is to drink a minimum of 4 cups of water/day the first week after surgery and to slowly increase as tolerated until you are back to 8-10 cups of fluids including water per day.
I can't tolerate taste of water, what else can I drink?	You may try low sodium and fat free broth, water with crystal light or other sugar-free sweeteners, decaf coffee/tea, herbal teas, low fat milk, diet or sugar-free Jello, etc.
Is it possible to gain weight again after the surgery?	<p>Yes it is possible to gain back the weight you have lost and even more if you fail to follow the lifestyle guidelines you were given in the program. Some potential pitfalls may include:</p> <ul style="list-style-type: none"> Not journaling Not doing your blood work and not attending your post-op appointments Choosing high fat/sugar foods Not exercising and being sedentary Drinking high calories fluids Eating beyond feeling full which will gradually stretch your stomach Not eating mindfully
Will I ever feel normal again?	Patients report feeling more energetic, as little as 1 month after surgery and this improves with time. Listen to your body and continue following the advice of your health care professionals at RMBS.
I seem to be healing well and can tolerate all the foods in the full fluid stage with no problem. Can I move to pureed stage when I am only 10 days post-op?	Please follow all the guidelines in the RMBS manual and only proceed to next diet stage as directed to avoid postoperative complications. If you push boundaries, you may not only feel discomfort, but may also potentially have a complication which will delay the healing process.
I've noticed I am losing lots of hair. Is this going to stop soon?	<p>Most patients will notice that their hair thins out within a few months of surgery due to the rapid weight loss.</p> <p>However, this is just temporary and your hair will grow back; make sure you consume adequate amounts of protein and take your supplements regularly to help the re-growth. Please note, it may take up to 3-6 months to notice an improvement in re-growth.</p>
Should I be concerned that I am experiencing a lot of gas and bloating?	<p>There are several possible reasons for gas and bloating:</p> <ol style="list-style-type: none"> 1. Lactose intolerance: try to eliminate milk or have lactose free milk to see whether it helps. 2. Constipation accompanied with inadequate fluids and fibre intake: please see the section on constipation above. <p>Presence of sugar alcohols in various foods, e.g., protein shakes, e.g., sorbitol, xylitol, etc.; eliminate these items to determine whether they were the cause.</p>
After my surgery I noticed I have a divot/dent in my abdomen. Is this normal?	Yes this is normal. With time and as you lose weight the divot/dent/dimple may start to disappear.