

# Bariatric Surgery

## PREOPERATIVE INSTRUCTIONS

1. Do not eat or drink after Midnight the night before surgery.
2. Do not take home medications the morning of surgery unless instructed otherwise by your surgeon.
3. Do shower with Hibiclens. Follow the instructions listed on the bottle and detailed below.
4. Required items to bring with you to the hospital on the day of surgery:
  - Incentive Spirometer
  - Home C-Pap (Only if you have been prescribed to use one)
  - If you forget your C-pap, **YOUR SURGERY MAY BE CANCELED** until a later date.

### Hibiclens Bathing Instructions

- Shower with Hibiclens two night before surgery and the morning of surgery
- Leave on the skin for two minutes before rinsing

### Perineal Area Care Instructions

- Use your perineal care wipes any time you use the bathroom on the day prior to your surgery, and the morning of your surgery. In pre-op, you will have time to empty your bladder, and use a perineal care wipe prior to surgery. Use each wipe only once.

### UTI Prevention - General Instructions

- Drink enough fluid to keep your urine pale yellow.
- Make sure you:
  - Empty your bladder often and completely. Do not hold urine for long periods of time.
  - Empty your bladder after sex.
  - If you are female, wipe from front to back after passing urine or having a bowel movement.

### Incentive Spirometer Instructions

- After surgery, use this device every hour while awake during your hospital stay
- Ask your nurse or respiratory therapist for assistance



**Baptist Health**  
BARIATRIC CENTER

9500 Kanis Road, Suite 500  
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## AFTER BARIATRIC SURGERY

### Follow-up

Keep all follow-up appointments. This will only positively impact your success.

Following surgery, the clinic will contact you regarding a date for your post-op class. This class is led by our Bariatric APRN, Kelly Bassett, our Bariatric Dietitian, Mitchell Kirby, and our Surgeon's nurses, Denise Coffman and Brandy Davenport. Our team will be able to answer any post-op questions you may have.

### Contact

We will contact you asking about your post surgery care. This is a Bariatric Surgery Accreditation Program requirement that assists in ensuring that you are receiving the best care available. We appreciate your participation.

### Support

Support after surgery is key to long-term success. You are more likely to reach and maintain your weight loss goals if you participate in a support group.

- We offer monthly in-person support group meetings.  
A schedule is available online at [baptisthealthbariatrics.com](http://baptisthealthbariatrics.com).  
You may also join virtually via the QR Code:
- Patients can also join the Baptist Health Bariatric Support Group on Facebook to be connected to other patients. Please search Baptist Health Bariatric Support Group in the Facebook app to join.



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