

PATIENT HOMEWORK (DOC-14)
Due prior to your surgery date

1. Name three items of food that you will NOT be able to have the first month after surgery.

2. What size is your stomach after surgery?

In ounces: _____

In cup measurements: _____

3. Describe how you should care for your incision after surgery at home.

4. What should you do if you have a temperature higher than 101.0?

5. What are the 2 signs and symptoms of dehydration?

6. How many grams of protein will you need to eat daily after surgery?

7. How much of a chicken breast might you be able to eat after surgery?

8. How should you keep yourself from becoming dehydrated after surgery?

9. Name four items of food that you WILL be able to have the first month after surgery.

10. How many ounces of water or fluids do you need to sip continuously every day after surgery

11. How long before you are able to drive after surgery?

12. What may happen if you gulp or drink too much too quickly or eat too much after surgery

13. Your stool may be what consistency after surgery for the first weeks?

14. If you experience signs or symptoms of dehydration what should you do immediately?

15. What are the benefits of exercise, as described in your workbook, after surgery?

16. When will you be able to do sit-ups or crunches after surgery?

17. How long after weight loss surgery should you wait to become pregnant? Why?

18. How long after surgery might you be at risk for pulmonary embolism (blood clot to the lung)?

19. What is the best prevention of pulmonary embolism?

20. How much Calcium should you take daily after surgery?

21. What is a problem you may develop if you do NOT take your Calcium?

22. If you are an out of town patient, approximately how long will you and your support person need to stay within close proximity of your surgeon's office?

23. I can re-gain weight if I do not maintain a healthy well balanced diet and a regular exercise routine. True or False
