

Department of
GENERAL SURGERY

Patient Guidebook for Enhanced Recovery After
Surgery (ERAS) - Bariatric Surgery



This Book Belongs To:

PATIENT STICKER



IMPORTANT

Please bring this booklet with you
when you visit the following:



- Clinic B1C
 - PACE Clinic & Anaesthesia
Counselling
 - Pharmacy (Level 2)
 - Dietitian
 - Physiotherapist
 - Day Surgery Centre
 - Day of Your Surgery
- Date: (_____)

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Understanding Bariatric Surgery



DILIGENCE



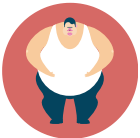
PROFESSIONALISM



CARE

Will be provided by your medical team to ensure the safety of your bariatric surgery. In order to achieve the best results, it is vital that you understand and participate in your treatment process.

What is Bariatric Surgery?



Bariatric surgery is a medical procedure performed on individuals with severe obesity.



It involves altering the digestive system to promote weight loss and manage obesity-related health conditions.



The types of bariatric surgery we do in TTSH is sleeve gastrectomy and gastric bypass.



These surgeries can lead to significant weight loss and improvements in various obesity-related health issues.

Understanding Bariatric Surgery



DILIGENCE



PROFESSIONALISM

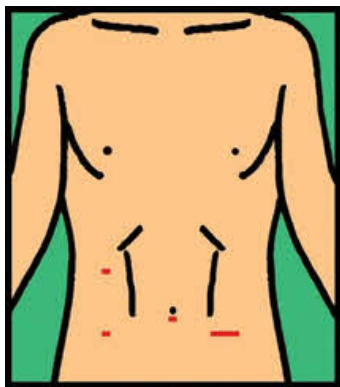


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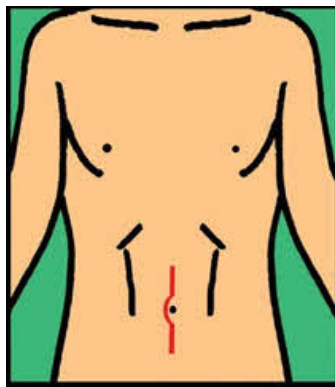
Points that are checked are important and applicable to your surgery.

Either type of cut will be made for this surgery:



Keyhole Surgery

Small cuts in the skin, for keyhole or robotic surgery



Traditional Surgery

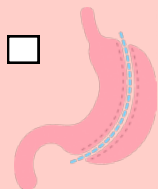
A longer cut by the traditional open surgery

Please note that this surgery is not reversible.

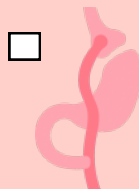
Do clarify with your doctor if you have any doubts.

Understanding Bariatric Surgery

There are two main kinds of bariatric surgery.



The Sleeve
Gastrectomy



Roux-en-Y
Gastric Bypass

There are also other types of bariatric surgeries that may be performed.



Your surgeon will discuss these surgeries with you and decide which one is more suitable for you.

After your first surgeon visit, you will be referred to the multi-disciplinary team for your initial assessment and your suitability for surgery. **This team consists of:**



Endocrinologist



Dietitian



Physiotherapist



Psychologist



Occasionally the Respiratory Physician as well

Preparations for Surgery

Stop Smoking and Drinking Alcohol

Smoking and alcohol consumption can cause complications to your surgery. Stop smoking and avoid alcohol intake for at least four weeks before your surgery.

If you are undergoing Roux-En-Y gastric bypass, you must refrain from smoking for life. Smoking will significantly increase risk of facing serious complications such as ulcers, which can form holes in your stomach (perforate) or cause bleeding.



Negative Effects of Smoking

- Decreases your heart and lung function
- Decreases your body's ability to heal
- Increases your risk of developing complications



Negative effects of Alcohol

- May interfere with anaesthesia
- Decreases your heart and lung function
- Increases your risk of bleeding
- Increases your risk of developing complications

Preparations for Surgery

Remain Active



Daily exercise is important to keep your body strong and ready for surgery. Continue to exercise or start exercising slowly.



A physiotherapist can help strengthen your body and prepare you for surgery

- Simple exercises such as brisk walking, jogging or swimming for a **minimum of 30** minutes a day is strongly recommended.
- Staying active helps you return to normal activities faster after surgery.



Scan the QR code to read
'**Physiotherapy Before Surgery**'

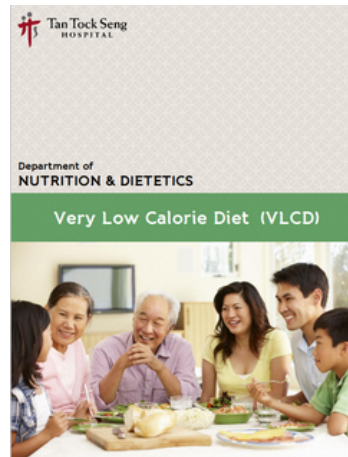
Preparations for Surgery

Dietary Advice Prior to Surgery

To **maximise** your weight loss and reduce complications post-surgery, gradual weight loss before surgery is strongly recommended.

- See the dietitian at least **two** weeks before surgery.
- They will advise you on your pre-operative diet using meal replacement to be taken at least **two** weeks before surgery.

Please refer to the **Very Low Calorie Diet (VLCD)** booklet for more information.



- If you have diabetes and are on diabetes medication, **do seek instructions from your Endocrinologist** on any DM medication adjustments that should be made before starting the pre-operative diet.

Preparations for Surgery

Multivitamins

- Start prior to surgery and to continue long term.
- Any micronutrients deficiency should be replaced before bariatric surgery.



You can start taking Multivitamins the moment you have been listed for surgery.



Multivitamins help to reduce risk of vitamin deficiency after bariatric surgery.

Your doctor will prescribe you a list of multivitamins

For All
Patients



Multivitamins: 2 tablets daily (self-purchase)



Cholecalciferol (Vitamin D3): 3000 units daily / 25,000 ampoule once per week



Calcium Carbonate: 1.25g every morning or 625 mg twice a day



Maltofer (iron polymaltose): 100mg daily

For patients going for RYGB, take additional:



Princi B Forte: 1 tablet daily

For pre-menopausal women:



Maltofer (iron polymaltose): 200mg daily (higher dose)

Pre-Admission Counselling and Evaluation (PACE)



PACE CLINIC
MEDICAL BLOCK, LEVEL B2

You will be reviewed at PACE Clinic by a Nurse and/or Anaesthetist to prepare you for surgery.

Formulated Carbohydrate Drink

Vitaflo Preload (only for NON DIABETIC patients)



Helps you feel less hungry when you fast before surgery



Helps you recover faster and may reduce the length of your hospital stay

How to Use Vitaflo Preload

- You should have been prescribed a total of **one** sachet of Preload to be taken **on the day of surgery**.
- Take Preload at least **two** hours before your surgery



- Empty one sachet of Preload into 400ml of water. Stir continuously. Consume immediately.
- Use a measuring jug to get the right amount of water.

- If you have diabetes, you will **not** need to take Preload before surgery






Activity Booklet

Record your activities here. Bring this booklet when you visit the hospital, your medical team will be able to improve your care using the information you have provided.

2 Weeks Before Surgery

Avoid supplements with the following ingredients:



-  Gingko Biloba
-  Ginseng
-  Garlic Extract
-  Lingzhi
-  All Chinese herbal medications

1 Day Before Surgery



DAY SURGERY CENTRE,
TTSH MEDICAL CENTRE,
LEVEL 3

You will receive a call from Day Surgery Centre advising you on the reporting time for your surgery.

Activity Booklet



1 Day Before Surgery

- Hold off your chronic medications according to the instructions given by the **PACE Clinic Anaesthetist**.

- If you are using a CPAP/BIPAP machine to help you breathe during your sleep, please bring your machine along to the hospital. You will need to use your machine at night after surgery.



Day of Surgery



BEFORE LEAVING HOME TO HOSPITAL



X 1

- Take **one** sachet of Preload dissolved in 400ml of water.

- Take Preload at least **two** hours before surgery.

When you arrive at the hospital, head to Day Surgery Centre where your team of doctors and nurses will meet you.

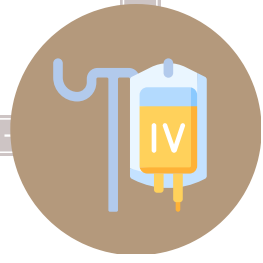
After Surgery

What Happens?

After Surgery, you will first rest in the recovery bay.



You will have a drip and may have a urine catheter on you.



You will be encouraged to walk or sit out of bed for a total of **two** hours on the same day after your surgery.

After Surgery

Dietary Advice



You will be allowed to take clear soups and water. Drink directly from the cup, do not use a straw.



Your stomach will be smaller after surgery. It is normal to feel full faster during meals. If you feel full, slow down or stop eating and resume eating once you no longer have the feeling of fullness.



Drink at least **one** litre of fluids daily to prevent dehydration.



If you encounter nausea, bloatedness or abdominal pain, inform your nurse or doctor. A dietitian may give you dietary advice before you leave the hospital.



A dietitian will visit you prior to discharge to explain about having a liquid diet for **two** weeks before the next dietitian appointment.



You will be started on oral nutritional supplements and protein powder as prescribed by the dietitian.

After Surgery

Resuming Activities

Day
After
Surgery

Three hours of sitting on a chair or walking.

2 Days
After
Surgery

Six hours of sitting on a chair or walking.



Your nurse or physiotherapist will be there to help you. Physical activity increases the speed of your recovery and reduces the risk of complications after surgery.



Scan the QR code to read
'Physiotherapy After Surgery'

After Surgery

Reducing Pain



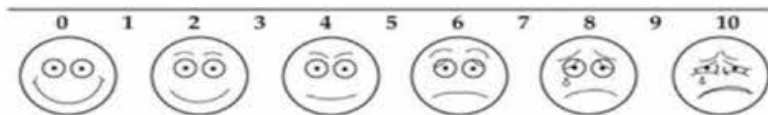
You should be able to move around the ward and eat with minimal pain.



The medical team will ensure you have enough painkillers.



Your doctor or nurse will ask for your pain score. Your score should not exceed 3 out of 10.



Pain Score Scale



If you still have pain after taking painkillers, please inform your doctor or nurse.

After Surgery

Discharge from Hospital

You can be discharged when:



- you feel little or no pain with oral pain medication
- you are able to eat and drink
- you are able to move around comfortably
- your doctor certifies you fit for discharge



Most patients get discharged **1 - 2** days after surgery.



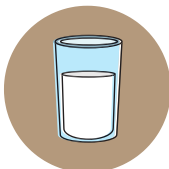
A follow-up appointment will be scheduled with your surgeon and dietitian two weeks after discharge.

The subsequent follow-up appointments are as below:

Date	2 weeks	6 weeks	3 months	6 months	12 months
Surgeon	✓		✓	✓	✓
Endocrine/ Dietitian		✓	✓	✓	✓
Psychologist			✓		✓
Physiotherapist		✓			
Dietitian	✓				

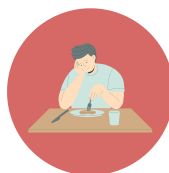
Discharge from Hospital

Recovering at Home: Food and Nutrition



You will be placed on a liquid diet for **two** weeks after the operation until your next dietitian appointment.

- Your stomach will be smaller after surgery.
- Continue taking your multivitamins. These are the same multivitamins that you took before surgery and will need to be taken lifelong.



It is normal to have a small appetite after surgery, this will slowly improve after time.

- After surgery, you will be also prescribed Omeprazole to reduce the acid levels in your stomach. Please take this as prescribed.

Recovering at Home: Managing Pain



You might still experience some pain when you are home and may need to take oral painkillers.

- Take oral Paracetamol after discharge.
- Reserve the stronger pain medication for times when you really need it.

Discharge From Hospital

Recovering at Home: Exercise



Continue to stay active by going for walks or doing simple chores.

Feeling tired easily after surgery is normal and will improve in a few weeks.

- Avoid lifting or carrying heavy loads for **two** months after surgery.
- Week 1 to 2:** Ensure you have plenty of rest when you are at home. You may require the help of family members with some of the household chores.
- Week 2 to 3:** You can slowly increase the amount of activities you are doing at home. You can start to do some light chores, e.g. dusting and wiping table tops.

- You will feel increased fatigue from exercise, which
- could last for several weeks after the operation.



Discharge from Hospital

Questions, Problems and Complications



- You will receive a telephone call from your nurse to check on your well-being **two to three days** after discharge.



If you feel unwell, have a fever, experience worsening abdominal pain or bloatedness, please inform the nurse.

Questions?



Bariatric Service Nurse Coordinator

Ms Su Zheng
97209658



Ward 11 Telephone Number:

Sister Kong Lan Pei
63572111 / 63572113



- If you experience severe pain, fever, vomiting, please contact us immediately.
- Come to the Emergency Department for immediate attention if you are unable to reach us.

Clinic B1C

TTSH Medical Centre, Level B1

PACE Clinic

TTSH Medical Centre, Level B2

Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart
phone to access the information online
or visit

<https://for.sg/ttsh-health-library>

Was this information helpful?
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have any feedback regarding what
you have just read at
patienteducation@ttsh.com.sg



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