



Bariatric Surgery Help Card

Things to keep in mind after bariatric surgery:

- Sip, sip, sip! Getting in enough fluids is your #1 priority
- Symptoms of dehydration include:
 - Nausea
 - Headache
 - Fatigue
 - Dark Urine
 - Dizziness and Lightheadedness
- Go slow and don't advance your diet too quickly. Follow the recommendations from your dietitian.
- Remember—you might not feel hungry, but you still need to eat.

When to call:

- Heart racing or trouble breathing
- Worsening abdominal pain that is not relieved by pain medication
- Fever over 101°F or chills
- Nausea or vomiting that is not relieved by nausea medication
- Increased redness, swelling, or foul-smelling drainage from incisions
- Persistent hiccups, lasting more than 20 minutes
- Swelling, redness, or tenderness in one or both legs
- If you have any other symptoms that are concerning for you
- Constipation greater than 7 days, with associated symptoms of nausea and vomiting or lower abdominal pain
- Inability to reach fluid intake goal for several days in a row

Call as early in the day as possible. We may be able to arrange same-day treatment without having to go to the Emergency Department

Who to call

■ During business hours, **call 227-9080**, or use the **MyChart app** for **non-emergent** contact with your provider

■ After business hours and on weekends, **call (501) 377-1144** and ask for the on-call bariatric surgeon

Call 911 or go to Baptist Health-Little Rock Emergency Department, if you develop difficulty breathing, shortness of breath or chest pain.



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