



Why are walking and drinking water so important after weight loss surgery?

Blood clots or “Venous Thromboembolisms” can be very dangerous. Though the incidence of forming a clot is low, blood clots are the number one cause of death after weight loss surgery. Clots form when blood is not moving swiftly enough throughout your body. Once the clot develops in the leg, it can break free and become lodged in a critical location like your lungs or brain. This can be fatal.

While in the hospital, you will wear compression devices on your legs, receive IV fluids, and your surgeon may also prescribe a blood thinner. These preventative measures help reduce the risk of forming a clot. However, the risk of forming blood clots increases once you are home.

The good news is that YOU can help prevent blood clots from forming.

You can keep the blood flowing!

Walking is the best way to keep your blood moving swiftly. Walking helps push the blood back up to your heart. You do not have to walk far or fast, but you must walk often. If you have a long ride home, you will need to stop at least once an hour and walk a minimum of three laps around your vehicle. Once you are home, set a reminder to walk at least hourly. You can even walk in place. Just make sure you are **MOVING FREQUENTLY**. Please do not let anything prevent you from walking frequently. While this can be uncomfortable, it is extremely important in your recovery process.

Also, you must stay hydrated! Dehydrated blood is thicker and stickier than hydrated blood. Staying hydrated is crucial, you must sip fluids throughout the day.

YOU SHOULD:

- Carry a drink with you everywhere you go
- Set reminders for yourself to drink fluids throughout the day
- Enlist your family, friends, or co-workers to help remind you to drink your fluids

YOUR GOAL IS TO DRINK 4 OUNCES AN HOUR, PREFERABLY MORE. The recommendation for hydration is 64 ounces a day. Fluid loss from perspiration, warm weather, and exercise will increase your fluid requirements.



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