

SADI-S Pre & Post-Op

at 360 Sleeve



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Pre-Operative



Pre-Operative

1 Week Before Surgery

- Stop taking your supplements 1 week before your surgery. For all other medications, follow our doctors' instructions.
- If this applies to you, take your blood pressure and/or cardiac medication as you normally would even on the morning of your surgery.
- Make an appointment with your primary care physician for 1 week after your surgery to adjust your current medication. * Optional if patients are taking Insulin.
- Arrange to have a family member or friend stay with you for the first 48 hours after arriving home
- Do not take any anti-inflammatory medications (e.g., Advil, Ibuprofen, Warfarin) including Aspirin for 10 days prior to surgery.

Please contact the clinic or the prescribing physician if you have any questions or concerns regarding your medications

Recovery Essentials



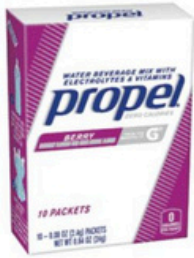
Anti-Nausea Chewable or Herbal Tea



Tylenol Extra Strength



Gauze Pads & Small Bandage Tapes



Electrolyte Powder Mix/Drink (0 Calories)



Gas Relief Medication



Vitamins & Supplements



Pill Crusher



Measuring Cups & Spoons



Protein Shake/ Mix



Clear Liquid e.g. Bone Broth



Water Bottle/ Shake Bottle



Food Scale



Blender

PRE-OP MEDICATION

Medication	What it Does	Instructions
Emend (Aprepitant)	Prevents nausea	2 hrs Before surgery : Take 125 mg capsule Day 1 Post-op: 80 mg capsule Day 2 Post-op: 80 mg capsule

POST-OP MEDICATION

Medication *Optional*	Helps with:	Duration
Tramacet 37.5mg/325 mg	Breakthrough Pain	As needed
Tylenol ES 500 mg	Pain	As needed
Ondansetron 4mg Soluble Strips or Tablets	Nausea or Vomiting	Until finished
Gravol	Nausea or Vomiting	As needed
Gas-X Simethicone 125 mg Chewable	Gas Pain	As needed
Senokot	Constipation/Stool Softener	As needed
Pantoprazole (Pantaloc) 40 mg	Acid Reduction	Up to 6 Months

2 Days Before Surgery

- Make sure to arrange for a responsible adult to pick you up from the clinic after your surgery and to stay with you for monitoring. It is your responsibility to secure a ride and a person for pick-up. **Patients will NOT be released to Uber, LYFT, Taxi's, etc without a responsible adult that they know personally, to accompany them in the vehicle.**
- Do not shave or perform any hair removal below the neck for at least 72 hours, preferably 1 week before your procedure. Shaving will dramatically increase your risk of skin and wound infection.
- Remove all nail polish
- Continue to take OptiFast as prescribed

You will inform you of your arrival time for the day of your surgery 5 days prior to the surgery date.

PACKING LIST

- If you use a CPAP machine at home, it is very important that you bring it.
- PLEASE DO NOT FORGET**
- Bathrobe, slippers, pajamas, loose pants, oversized shirt
 - Glasses & case (avoid bringing contact lenses if possible)
 - Bring all your medications (including inhalers, insulin, eye drops, and nasal sprays)
 - OHIP or health card
 - If you have a favorite pillow, feel free to bring it
 - Cellphone & power adapter
 - You may bring a laptop or tablet if you wish – please bring earphones

PLEASE DO NOT OVER PACK

The Night Before Surgery

- **OptiFast** : Take only 2 packs of Optifast the day before surgery. Take last pack before 7pm ***
- Take a shower. Wash from head to toe as thoroughly as possible with regular soap – pay particular attention to skin creases and folds. Do NOT use any powder, talc, or any lotion.
- Remember, do not shave or perform any hair removal below the neck for at least 72 hours before your procedure. Doing so will increase your risk of infection.
- Remove all jewelry and piercings
- If you haven't done so, remove all nail polish and fake nails as it interferes with our ability to monitor your oxygen levels during the operation

The Morning of Surgery

You may drink only clear liquid up until 4 hours before surgery. Sipping water is allowed for medication.

- Take a second shower. Wash from head to toe as thoroughly as possible with regular soap – pay particular attention to skin creases and folds. **Do NOT use any powder, talc, or any lotion.**
- **DO NOT SHAVE BELOW YOUR NECK.** This is extremely important
- Do not wear makeup
- Do not wear perfume
- Take the medications that you have been instructed to take the morning of surgery with a sip of water. **DO NOT take any medications unless you have been instructed to do so.**
- Please bring all of your medications in their original pharmacy bottles.
- Take Emend (125 mg) 2 hours before surgery

Surgery Day



Day of Surgery

On the day of your surgery, here's what you can expect once you arrive at our clinic:

Arriving at Clinic 360

Address: 1131A Leslie Street, North York, Ontario, M3C 3L8

Parking: Parking is available on the south side of the building. Park on spots reserved for unit 300

Welcome to Clinic 360:

You will be warmly welcomed at our reception area.

Pre-Operative Area:

Next, we'll escort you to the pre-operative area, where you'll meet your medical team, including nurses, your surgeon, and an anesthesiologist. They will explain the procedure, address your questions, and ensure you know what to expect in the operating room.

Preparation

You will transition to the surgical wing, where you'll change into a gown, and our team will initiate an intravenous (IV) line.

The Procedure:

The surgery itself typically takes about 1 to 1.5 hours.

Day of Surgery

Recovery (Immediately After Surgery)

You will wake up in the recovery area under close monitoring by our nursing team.

- It is normal to feel slightly disoriented or nauseated after anesthesia
- You will spend your first night at Clinic 360 to recovery (no visitors)
- IV fluids will be running throughout your first night
- You will start with ice chips once you are awake enough to swallow
- Progress to small sips of water, then clear fluids as tolerated
- You will be assisted to sit up and walk within 2 hours after surgery to help relieve gas and support recovery.
- Dry mouth is normal after anesthesia; lip balm and ice chips can help

Discharge

Once you meet all the necessary discharge requirements and are deemed fit for release, you will be discharged from the clinic the following day at 7:30 AM.

Post-Op Information

You will be provided with detailed post-operative instructions to support your recovery at home.

Follow-Up

Your nurse will call you the day after your surgery to check on your progress and address any concerns or questions you may have.

Post-Operative



Post-Operative Care

Day 1 After Surgery

- Your surgeon and/or nurse will see you for morning rounds
- You will be discharged to home or hotel after rounds (approximately 7:00 AM)

Recovery Priorities

- Focus on deep breathing exercises, light walking, and staying hydrated (sip)
- After each cycle of breathing, walking, and hydration, rest for 1–2 hours while continuing to sip fluids

Nutrition: Full Fluids

You will begin a full fluid diet once you arrive at home or the hotel (out-of-town patients) :

- Soups, smoothies, protein drinks, yogurt drinks, milk, coffee/tea, and clear fluids
- Avoid anything with chunks, bits and pieces.

Hydration Goals

- Aim for 1500–2000 mL per 24 hours
- This is approximately 30 mL (1 oz) per hour
- Small, frequent sips are better than large gulps

Medications

- Take Tylenol on a regular schedule (every 6 hours)
- Take Tramadol if needed for additional pain control
- Use anti-nausea medication (ondansetron) as needed
- Take 80 mg of Emend for nausea

Blood Thinner (Anticoagulant) *only for out of town patients

- Before discharge, nurses will teach you how to administer your anticoagulant (tinzaparin)
- This is taken once daily



Day 1 After Surgery

Additional Instructions

- Resume your regular home medications as directed
- If you use a CPAP machine, it is important to use it whenever you are sleeping or napping
- Track your fluid intake and output – log in your bariatric drinking record sheet (we will provide)



Day 2 After Surgery

Care & Activity

- You may shower; allow water and soap to run gently over the Steri-Strips, then pat dry with a clean cloth
- Alternate between light walking, resting, and taking small sips of fluids

Tracking & Medications

- Keep a record of your medications, fluid intake, and bowel movements until your 1-week follow-up appointment with the Nurse
- Take your prescribed pain and anti-nausea medications as needed

If you have any questions, write them down or keep notes on your phone

Day 3 After Surgery

Post-Operative Care:

You may shower today. If you have steri-strips (small tapes over your incisions), allow water to gently run over the area and pat dry—do not rub. The steri-strips will typically fall off on their own within about 1 week after surgery.

By today, you should be:

- Passing gas
- Producing light yellow urine (a sign of proper hydration)
- Having your first post-operative bowel movement

If you are not passing gas or have not had a bowel movement, please contact your nurse. It's still normal to experience mild nausea and discomfort, but these should continue to improve each day.

Travel Home (Out-of-Town Patients):

You are cleared to fly home today.

Travel Tips:

- Take a pain reliever in advance before going through the airport
- While seated, perform:
 - Ankle rolls
 - Toe point and flex exercises
- Consider wearing compression socks during your flight (provided by the clinic)
- Sip fluids frequently to stay well hydrated

Once You're Home:

Plan to rest or nap, as travel can be physically demanding at this stage.

Patient tip:

If you live more than an hour from the airport, consider staying overnight nearby rather than driving home immediately after landing.

Post-Operative Self-Care at Home



Day 4-7 After Surgery

Activity Restrictions

- Avoid baths, hot tubs, and swimming until after your 4-week surgeon follow-up
- Do not lift anything over 10 lbs (5 kg)
- Begin with short, light walks around your home and gradually increase duration as you recover

Incision Care (Steri-Strips)

- Continue to gently wash the area with soap and water
- Steri-strips can be gently peeled off (from the ends toward the center) around post-op day 7–10

Breathing & Monitoring

- Continue deep breathing exercises until you return to your normal activity level
- Keep tracking your fluid intake and output until your 1-week Nurse follow-up

Recovery Expectations

- You should feel a little better each day
- Gradually increase how much fluid you can tolerate at each meal or snack

Day 4-7 After Surgery

Managing Pain & Nausea

- Take prescribed medications as needed
- You may also take 500–1000 mg of acetaminophen (Tylenol) if required
- If experiencing nausea:
 - Use ondansetron as prescribed
 - Take small sips
 - Drink slowly
 - Avoid progressing textures too quickly

When to Contact Your Nurse

- Bowel movements are infrequent or require straining
- Dark (tea-coloured) urine
- Pain or nausea not controlled with medication
- Drainage from your incisions

Important Reminder

- Continue monitoring for emergency symptoms outlined on Post-Op Day 2
- If urgent concerns arise:
 - Go to the nearest emergency department
 - Call Clinic 360

Week 4 After Surgery

Activity & Strength

- Continue to build your stamina with daily walking
- As your intake increases, your energy levels should gradually improve
- You may begin to return to normal activities, including:
 - Lifting more than 10 lbs (5 kg)
 - after 4 weeks
- Establishing a consistent physical activity routine is important in the first year
 - Helps preserve muscle and bone mass during rapid weight loss
 - Supports long-term results and overall health
- If you need support, speak with your Dietitian or Doctor

Diet Progression & Tolerance

- As you transition toward a more regular diet, occasional setbacks are normal
- Some foods or textures may not feel comfortable
- You may experience mechanical regurgitation if eating or drinking too quickly
- Taste preferences may change after surgery
- Your body is still healing – even after the initial recovery period
- Your staple line continues to remodel for up to 1 year, affecting tolerance
- If a food doesn't sit well:
 - Wait a few weeks and try again
 - Progress gradually and be patient
- Your dietitian will guide you through these changes

Emotional Well-Being

- Emotional and relationship changes are common during the first year
- Even positive changes can bring unexpected feelings or past memories

You are not alone. Speak with your care team for support



Week 4 After Surgery

Medications & Health Monitoring

- Medication needs may change as your weight and health improve
- Your care team will help adjust medications as needed
- Contact the team if you experience:
 - Dizziness
 - Nausea
 - Low blood sugar
 - Low blood pressure
 - Any new or concerning symptoms

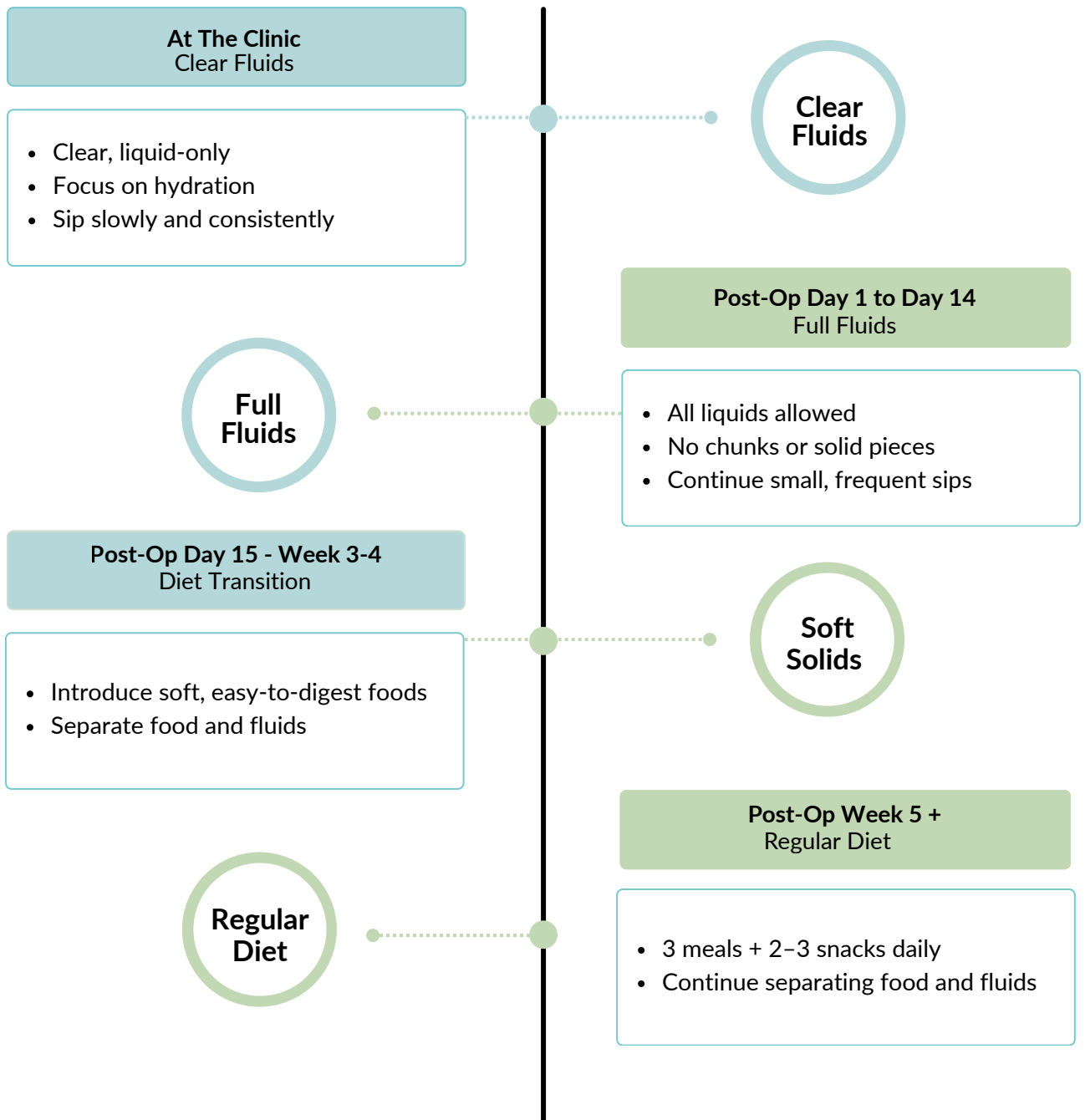
Fertility & Contraception

- Fertility often increases after bariatric surgery
- Oral contraceptives and patches may be less effective
- Pregnancy is not recommended for 18–24 months after surgery
- Discuss contraception options with your Doctor

Ongoing Support

- Your care team is here to support you throughout your journey
- You can send questions or concerns anytime at 416-360-7360

Post-Op Diet at a Glance



Please refer to the Post-Op Diet Booklet for details.

Emergency Symptoms



Day 4-7 After Surgery

Monitor yourself for warning signs of an emergency over the next two weeks:

- Fever over 38°C
- Chest pain with sweating, nausea, or shortness of breath
- Shortness of breath that gets worse & is not relieved by rest
- Bright red blood in stool, urine, or vomit, or when you cough
- Significant bright red blood from your incisions
- Very severe abdominal pain that does not go away

If you have any of these warning signs: go to the nearest emergency department and Clinic 360.



We are committed to ensuring your comfort and safety throughout the entire process. Our team will support you at every step of your surgical journey. If you have any questions or concerns, please don't hesitate to ask. Your well-being is our priority.