

Guidelines & Care of Patients after Bariatric Surgery

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ABSTRACT

Obesity is one of the major and rising health issues. As per the epidemiologic studies, a higher body-mass index (BMI) is associated with increased rate of death from several causes. Obese people can lose their weight with healthy eating habits. If not, they need medical help to lose their weight. By consulting doctors who are expertise in this area prescribes proper medication in addition to eating and exercise plan for weight loss. Otherwise, weight loss surgery commonly known as bariatric surgery is suggested for people with obesity. This is the major surgery which has severe risks. The current study focuses the post-operative care for the patients after bariatric surgery. Additionally, explains the guidelines to manage pain, diet and speedy recovery.

Keywords: Obesity; Body mass index (BMI); Bariatric surgery; Weight loss; Post-operative care

INTRODUCTION

Obesity is common health problem which effects quality life of adults and children. Obesity is classified based on body mass index (BMI). World Health Organization (WHO) released classification of obesity as shown in Table 1. Eating more calories than requirement of body on long term basis leads to obesity. Overweight can be controlled by following healthy diet and exercises. Otherwise, doctors help is needed to reduce the weight. If non surgical medication is not effective for weight loss, bariatric surgery is definite solution. But, afterwards patients have to change how they eat and how much they eat or they risk getting sick [1].

Post-Operative Care

After bariatric surgery patients will be admitted to the post-anesthesia care unit (PACU). A basic metabolic profile such as

Table 1: Obesity classification.

BMI	Class
18.5 or under	underweight
18.5 to <25.0	normal weight
25.0 to <30.0	overweight
30.0 to <35.0	class 1 obesity
35.0 to <40.0	class 2 obesity
40.0 or over	class 3 obesity
	(also known as morbid, extreme, or severe obesity)

Source: Collected from healthline.com [1]

complete blood count, electrolytes, renal function, liver function, prothrombin time and partial thromboplastin time should be taken every 12h for the successive two postoperative days, then every 24h for another 3d. Oxygen is administered by nasal cannula and weaned thereafter. Then patient will be moved to postoperative unit. Postoperative team will care for control of pain, care of the wound, continuous monitoring of blood pressure, intravenous fluid management, pulmonary hygiene, and ambulation [2]. Postoperative period is varies from patient to patient based on their prior history of health condition. Usually patients are discharged 4-6 days after surgery.

Pain Management after surgery

Patient Controlled Analgesia (PCA) is the method of pain management suggested for Gastric Bypass patients. PCA will not take too much medication. But PCA is the best way of controlling pain. It allows patient to receive small doses of pain medicine frequently, which provides steady pain relief. After surgery, a nurse in the recovery room will set up your PCA and instruct patient on how to use it [3].

Diet after surgery

There are several stages in diet plan after surgery. In first stage, patients will undergo liquid diet until doctor decides to move next stage that is pureed diet. After several days, patient can add soft, easy-to-chew foods in their diet [1]. In every stage, patients are guided to drink minimum water to avoid dehydration and away high sugar beverages. Always patients are suggested to reduce high carbohydrates and consume protein rich food.

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