



Preparing for Surgery

Date of Surgery: _____

The surgery center will call 1-2 days prior to surgery to inform you of surgery and arrival time.

In general, losing ten pounds before surgery will shrink your liver, decrease surgery time, lower risks and decrease bleeding. A two week period of Medifast will reliably decrease the size of your liver and make your surgery safer.

You may have nothing to eat or drink (including water) after the midnight preceding surgery.

You may take needed medications (such as heart or blood pressure medications) with small sips of water the morning of surgery.

Do not take any aspirin, ibuprofen, Advil, Motrin, Aleve or any other non-steroidal anti-inflammatory medication for 7 days prior to surgery. These medications cause unnecessary bleeding after surgery. This includes baby aspirin and most arthritis medications. If you are not sure, please check with your surgeon. For headache or minor pains you may use Tylenol.

Do not take estrogen, progesterone or hormone replacement medications for one month prior to surgery, one week at a minimum.

Do not take any herbal medications or Vitamin E for 7 days prior to surgery.

You need to take a daily multi-vitamin; start now if you have not already done so. Vitamins in liquid or chewable form tend to be easier to swallow after having gastric band surgery. Examples include: Flintstones, Costco children's chewable, Centrum chewable.

Please wear something comfortable like sweats or something non-constricting around your abdomen along with comfortable shoes. Avoid wearing any make-up or jewelry (including body piercings), and leave all valuables at home.

You will need to make arrangements for someone to drive you home after you are discharged from surgery.

For any questions, please don't hesitate to call the office at: 513-939-2263.

***Cincinnati Weight Loss Center
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