SUNSHINE COAST
Medical
Weight Loss
CENTRE

We know recovery can be tough!

These first couple of days may be a real struggle but -it will get better!

It is usual to feel some nausea and pain also to feel a bit gassy or full of wind for the first day or two-Panadol caplets, keeping up fluids and walking around will help all these settle

It is also not unusual to feel a little “buyers remorse’ so don’t worry if you are questioning yourself but you’ve come so far already -you’ve got this1

Trust us it will get better!

Do remember if you are vomiting take thiamine (Betavit 2/day) until vomiting stops

DAY 1 first day after surgery

Slow sipping 1 red cup each ½- 1 hour

Some find icy cold drinks feel best other find warm broths ,teas or soup sits well

Clear fluids – water (add hydralyte ,diet cordial Powerade zero to help it go down)

No fizzy or sugary drinks

If you feel up to it you can try a shake or pureed soup

DAY 2

Continue slow sipping – aim for at least a red cup each ½ hr

If not had shakes or a soup start today- tummy will feel better keeping something in it

Keep up hydration with a mix of the nutritious (shakes, soups, milk drinks0 and hydrating drinks (protein water , hydralyte, water ,teas, diet cordials)

Keep walking to help pass any residual gas or wind

Please keep a fluid record for the first 2 days and try to come close to the recommended targets

If you do continue to vomit after day 1 and cannot keep fluids down call our rooms or if after hours present to Buderim hospital emergency or any emergency rooms close to you