



MASSACHUSETTS
GENERAL HOSPITAL

WEIGHT CENTER

METABOLIC AND BARIATRIC SURGICAL EDUCATION
Pre and Post op

Meet the Surgical Team

To contact the team, please message on EPIC using mnp gen surg wac 460 foregut rn for clinical concerns and mnp weight ctr surg stan fd for administrative needs

Outpatient Team

Advanced Practice Providers

Karen Flanders,
CNP- Dr. Gee, Dr.
Griggs (Pedi)
Brittany Lagarce,
CNP- Dr. Hutter and
Dr. Witkowski

Outpatient Surgical Registered Nurse

Erin Hogan, RN

Administrative Lead

Candice Houghtling

Surgical Coordinators

Yulisa Ortiz- Dr. Gee
Cole Swartz-Dr. Hutter
Monica Rivera- Dr.
Witkowski

How Patients Prepare for Surgery

Nutrition and Psych

- ▶ Nutrition
 - ▶ Initial Screening with RD
 - ▶ Pre-op group and individual visits
 - ▶ Shrink the Liver 1:1 with RD
 - ▶ Diet 2 weeks prior to surgery
 - ▶ Vitamins Recommended post op
- ▶ Psychology
 - ▶ Initial Screening with Psychology
 - ▶ Pre-Surgery group visit

Surgery and Anesthesia

- ▶ Initial Consult with Surgeon or APP
- ▶ Pre-op visit with APP or Surgeon
 - ▶ This is where post op recommendations and clearances are documented
- ▶ Anesthesia
 - ▶ PATA phone call
- ▶ Primary Care Provider and/or specialist, if indicated
 - ▶ To be scheduled by patient for 1-2 weeks after surgery.

Pre-op/ Intra-Operative/ Discharge

- ▶ Please refer to Final Post op Pathway Sleeve and RYGB
 - ▶ This will be sent by Minimally Invasive Surgery Fellow at start of rotation
- ▶ Discharge Instructions
 - Please use smart phrase .RYGB2024DISCHARGE and .LSG2024DISCHARGE
 - Please remove CV or DM section if not applicable.
 - Also, remove NSAIDs if on home anticoagulation or otherwise contraindicated.

Home: Medications on Discharge



- Restart only home meds restarted in hospital.
- Discontinue all vitamins, as not started until 2 weeks post operatively after advance the diet.
- PPI (omeprazole) for one month (20mg daily - dispense 30 capsules) or continue previous home PPI dose if on already.
- Ondansetron (4mg tablets, 1-2 tabs q8 hours PRN nausea – Dispense 12 tablets (3 days)
- Oxycodone (5 mg q6 hours PRN pain - Dispense 10 tablets (5 days). For pain not relieved by Tylenol or NSAID if able to take. Witkowski patients should be given Naproxen. Please prescribe Tylenol/NSAID if recommending on discharge.
- Vitamins per MGH Weight Center protocol (you don't prescribe these). These are not started until 2 weeks post op with stage 3 diet.
- Bowel regimen- Colace 100 mg daily-BID if taking oxycodone, Miralax 17 grams prn if no bowel movement after post op day 2.
- VTE as per Final Post op Pathway Sleeve and RYGB.

Post Op Visits and Restrictions

▶ Restrictions:

- Do not drive while taking narcotics, about 3-4 days
- No heavy lifting: do not lift anything heavier than a gallon of milk (or >10 lbs) for 4 weeks

▶ Post-Op call:

- ▶ Scheduled post-op telephone call with Erin RN, 2 days post discharge

▶ Post-Op visit:

- ▶ Zoom with Surgeon or APP 2 weeks post op
- ▶ Advance the diet with RD at 2 weeks post op. Patients are NOT to advance diet or start ANY vitamins until after visit.
- ▶ Patient should have scheduled follow-up with PCP/Endo/Cardio 1-2 weeks post op.

Long-Term Recommendations after Metabolic and Bariatric Surgery

Vitamin and mineral supplements are **life long!**

No smoking, vaping, or inhaling of any substances

- May cause irritation to the stomach lining or other complications

Gastric Bypass:

- No NSAIDs **life long!**

Pregnancy:

- Fertility can improve with weight loss!
- Pregnancy needs to be avoided for 12-18 months after surgery, so please use an alternative form of birth control, if indicated.

Drink at least 64 oz of hydrating fluids daily

Contact information given to patients

HELP CARD

If you have any urgent post-op concerns, we want to hear from you!

For the MONTH after surgery, please call the Weight Center numbers listed on the back of this card.

*** If you feel you are having a medical EMERGENCY, CALL 911 and go to the nearest hospital***



Weight Center (Surgery)

*Bariatric Surgery RN 617-643-6150

Monday - Friday 9:00am-4:30pm

*After Hours (4:30pm) M-F, Weekends & Holidays
contact the bariatric surgeon on call by calling
617-726-2000 ask Operator to page # 20377

Weight Center Surgical Coordinator 617-643-4002 M-F 8:00am-4:30pm
massgeneral.org