



W I N N E T T
s p e c i a l i s t g r o u p

**ORBERA® INTRAGASTRIC BALLOON
DISCHARGE INSTRUCTIONS
MR J WINNETT**

Pre-op Instructions

Until the day following your procedure you must not:

- Drive a car
- Operate machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions

Diet

For the next 24 hours drink cold fluids only, according to the Dietitian's advice. Progress to nourishing fluids the next day as tolerated and increase texture of foods to puree over the week.

It is important to avoid constipation by ensuring an adequate intake of water and addition of a laxative and/or a fibre supplement if required (e.g; Agarol, Benefibre (Commence day 2/3)).

After this fluid phase you will progress on to the more solid food as advised by the dietitian.

Activity

Gently mobilize around at home over first few days increasing your activity level each day as tolerated. You may drive your car when you feel confident and safe to do so.

Medications

Take medication as prescribed to control nausea and abdominal discomfort.

Follow-up care

Your follow-up appointments will have been made prior to your procedure date.

If you are unsure of these dates please contact Mr Jason Winnett's Rooms on 9417 1555 to confirm them.

If you have any concerns regarding your surgery you are able to contact the rooms at any time during office hours 9am - 5pm, Monday to Friday.

After hours contact

Call 9417 1555 and a recorded message will give you details of how to contact the surgeon on call, who will assist you with your concerns.

If you are unable to contact the surgeon on call, go to the Emergency Department of Western Private Hospital. There will be an out-of-pocket cost for this visit.

