



Mount Sinai South Nassau Bariatric Program

Post-operative checklist

- GOAL: Fluid intake of 64 ounces/day
- GOAL: Protein intake of 60 grams/day
- Contact your dietitian for progression of diet, multi-vitamins, and minerals.
- Follow-up with your specialist, if directed
 - Primary care physician
 - Cardiologist
 - If you have hypertension, check your blood pressure at home with your own blood pressure machine.
 - Endocrinologist/Diabetes Education Specialist
 - If you have diabetes, perform finger sticks to monitor your sugar levels .

- [Click this link for the MSSN Support group information](#)
- [Click this link for The Dietitian's Corner](#)

- Call the physician's office if you develop:**
 - Calf pain/swelling
 - Persistent vomiting
 - Increasing abdominal pain
 - Incisional redness, swelling, discharge
 - Fever greater than 101 degrees F
 - Change in color, odor or amount of drainage, if applicable
 - Chest pain
 - Heart racing/palpitation
 - Shortness of breath