

Guidelines for invasive procedure aftercare

Gastric banding and Gastric bypass surgery

Stay in the hospital	2-4 nights
Initial follow-up visit	On the 2nd-3rd week
Next mandatory visit	4-5 times, until the desired body weight is reached
The patches will be removed	On the 2nd day
First shower	On the 5th day
Wear supportive underwear	For 1 year
May go to work	After 1-2 weeks
Swelling and bruising appear	For 1-2 weeks
Avoid physically hard work	5 weeks
Avoid sexual relations	1 month
Threads self-dissolve	For 3-4 weeks
The sutures will be removed	On the 3rd week
Forbidden to smoke	1 month
May go to sauna	After 1 month
Outcome can be evaluated	After 1-2 years