

The StomaphyX/ROSE **Toolkit**

This is the beginning.

Only you make the choices that

**One day at a time, will change your
Life!**

Keep on track.

**Implement change, and
TAKE CONTROL.**





Congratulations on your decision to undergo Incisionless Revision! You have made a very important, life changing decision and it is our job to provide you with the information and education that you need to make the most effective use of this very powerful tool.

This guide is designed to provide you with an understanding of how the procedure works for you and information on how to best use the new and tightened pouch.

You must enter this process fully committed and with a solid understanding of the expectations and what we need of you as a patient in order to assist you in the most effective way possible. We are here to support you. The surgery is only the beginning and you must enter into it with the expectation that it's a life-commitment and a lifetime of follow-up and strict adherence to the program is essential.

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Your WEPNSS for Success:

- **Water: Drink 64oz of water per day.**
- **Exercise with a combination of aerobic and resistance training.**
- **Protein should always be eaten first.**
- **Never Snack!!**
- **Supplement with your vitamins.**
- **Support Group: Attend regularly!**

What to Expect Before Surgery

The Pre-Op Day:

You will be expected to arrive a couple of days prior to your surgery date and go through the pre-operative process. This day is somewhat long, so we recommend that you bring a book, or something to occupy yourself in between appointments. **Please also note that it is important to eat light foods for a few days before surgery. You should avoid heavy steaks, fried foods and other high fat foods.**

The events of the day are as follows:

- **Meeting with Dr Ellner:** You will meet with Dr Ellner to go over all the details of your medical records one last time. This will also be your opportunity to ask any questions that you have regarding any aspect of your surgery or recovery. If you have lots of questions, you might find it helpful to make a list to bring with you. After your discussion, you will undergo a full physical examination.
- **Nursing education and registration:** You will receive pre-operative education on exactly what to do on the day of surgery, where to go at what time, etc. You will complete hospital registration information.
- **Blood Draw:** You will undergo a last set of lab and urine testing.

Two Days Before Surgery:

You should eat a very light breakfast, with only clear liquids to follow for the rest of the day. In the afternoon, you should drink one bottle of **Magnesium Citrate**, followed by water, broth, jello and protein supplements only. You might find that the laxative effects of Magnesium Citrate lasts several hours, so we advise starting

it in the early afternoon, to avoid being up all night in the bathroom.

The Day Before Surgery:

We advise that you stay in San Diego the night before surgery.

After midnight, you should not eat or drink anything, unless advised by Dr Ellner to take certain medicines in the morning.

What to Expect the Day of Surgery

You must arrive a couple of hours before your scheduled operation in the Same Day Surgery Department. If you would like to bring a family member with you to keep you company during this time, you may do so. During this time, you will be answering the same questions from several different staff. Be patient, as this is for your safety – we check and double check all of our information with you so no mistakes are made. You will sign the operative consent, an IV will be started, antibiotics and blood thinners will be administered and you will put on your designer, one-of-a-kind, backless daywear. Actually, it's a hospital gown.

You will then be transported to the Pre-Op Holding Area, right next to the Operating Room. You will meet your anesthesiologist and one of the nurses that will be in the room with you during your surgery. You may ask the anesthesiologist for a dose of anti-anxiety medication at this time if you like. We are very sensitive to the fact that this might be a scary time for many folks, so don't be shy about asking for this.

In the Operating Room:

When the room is prepared for you, you will be taken, on a gurney, into the operating room. You might find that it is a little chilly, but we will bundle you up with blankets so you will be quite warm. The nurse will place a safety belt across your body, and pads and pillows may be placed underneath your legs. Your arms will be extended out from your sides and softly padded.

The anesthesiologist will give you IV medications that will make you drowsy and you will inhale oxygen and anesthetic gases that will make you drift off to sleep.

Once you are asleep, a tube will be placed through your mouth, into your trachea (your windpipe) to deliver oxygen and anesthetic gases to your lungs. A combination of IV and inhaled gases will keep you safe and asleep for the surgery. The tube will be removed as soon as you start to awaken, so you will likely have no recollection of its having been there at all.

What to Expect In the Hospital

Outpatient Surgery:

You will spend approximately 1 hour in the recovery room as you slowly wake up after surgery. You will be closely attended by your nurse, who will administer pain and nausea medicine as needed. Due to the amnesic nature of the medications that you get in the operating room, you will likely have little recollection of this period of time.

When you are fully awake, you will be taken to the regular nursing unit. You will still be quite groggy, so if family members wish to visit, it is advised that they wait another few hours. As soon as you are awake enough, the nurses will ensure that you use your incentive spirometer (the breathing machine to help you clear your lungs) and walk in the hall as soon as you are steady on your feet.

After waking up, you will be provided with liquids, including protein supplements, to drink. You may drink as much as you are comfortable with. Once you are able to walk, use the bathroom and drink fluids, you will be released from the hospital. Due to the fact that you will have had a full general anesthetic, you will be required to obtain a ride from a cab or from friends when leaving the hospital. You are not allowed to drive within 24 hours of your anesthetic.

It is very important to follow the instructions of the nursing staff –walk and deep breathe as much and as often as you can –as this is an extremely critical time in your recovery!!

After Hospital Discharge

Activity

It is **extremely** important to walk frequently and consistently after your surgery. You are at risk for blood clots and pneumonia in the period following your surgery and it is imperative to avoid these potentially life-threatening complications. The best way is to walk frequently while breathing deeply. These are absolutely the best things you can do to avoid complications!

You **MUST** start exercising the day after your surgery! This is a very critical time for you and your weight loss. You will be on liquids only for one month (see below) and you must work very hard at exercising appropriately to increase your metabolism during this time. This will help maximize your weight loss, which is especially important once you go back on solid food. If you do not exercise appropriately during this time, you will have a high likelihood of having your weight loss stop, or even regain, once you start back on solid food.

Exercise Requirements:

Cardio – This is any exercise that raises your pulse to your goal heart rate (GHR). You should discuss your personal GHR with Dr Ellner before your surgery. Exercise only counts toward your Cardio if you meet your GHR, so you must obtain a **Heart Rate Monitor** to ensure that you get the benefit out of your wristband piece as well. Do not buy the kind that just goes around your wrist, as they tend to be inaccurate.

The cardio requirement is **6 Days Per Week, 30-45 minutes per day, at your GHR.**

Strengthening – This is critical to losing weight, raising metabolism and decreasing your risk of osteoporosis. You must perform weight lifting for ALL of your muscle groups, doing at least half of your body each day for **5 Days Per Week**. As most people don't possess a full gym at their home, this often requires membership at a gym. If it is financially feasible, getting a personal trainer for even a couple of months makes a positive and drastic difference.

You will be provided with exercise logs to fill out before and after surgery. These logs need to be filled out for every week after your surgery, and provided to Dr Ellner during each follow-up appointment. If you are from out of town and you are doing your follow-up by phone, you may email or fax them to the office 1-2 days before your appointment date. The logs allow Dr Ellner to stay up to date on your schedule, and it will allow the two of you to discuss any problems that occur and solve any scheduling or performance problems before they hinder your weight loss.

Eating and Drinking

Month One:

For the first month after surgery, you will be taking only protein supplements, water, broth and jello. This time is critical to the healing and scarring process. Putting solid food into your freshly plicated pouch may pull out your fasteners, so any solid food must be strictly avoided. **Your total intake of all fluids combined must be at least 64oz per day and you must ensure that you take in at least 60 grams of protein per day.** Please keep close track of your intake throughout the day so you don't find yourself "behind" and unable to catch up at the end of the day. The first sign of dehydration is your urine getting darker colored and having a stronger odor. In general, you should urinate every 3-4 hours and it should be very clear in color if you are well hydrated.

Do not ever eat or drink anything that you have not been advised by your doctor to take. Eating the wrong foods, especially right after surgery, can cause you to be very sick and may pull out your plications!

When to call the office: (619) 229-3340

- Fever above 101.5 or shaking chills
- Swelling of or pain in legs
- Swelling or increased pain in abdomen
- Repeated vomiting
- Pain or burning with urination
- Difficulty breathing or coughing up green or brown phlegm

Month Two:

You can start eating soft mushy protein rich foods at this time. You must still be careful to not eat anything that is too dense, as your plications are still healing inside your pouch. As you will be told in the class, you will start on soft, easy-to-digest foods. You should eat **ONLY** until your hunger feeling (low blood sugar feeling) goes away. Do **NOT** eat until you feel a physical sensation of being overly full. You may find that a few bites is all you need, which is normal. It is also normal to eat only once or twice a day. If you are truly hungry for a third meal, it is most likely because you aren't drinking enough water between meals! You must continue to meet your protein needs of 60 grams per day during this time.

Please read the “How to Eat” section of this guide before taking any solid food!

Here are the ONLY foods you should eat during the second month:

- a soft-boiled or scrambled egg (be sure not to overcook it – you don't want it dry)
- refried beans (low-fat)
- lentil or split pea soup (no ham or vegetables in the soup)
- low or non-fat cottage cheese
- low-fat, light yogurt (get the blended kind, without big pieces of fruit in it)
- **ALWAYS** drink 64oz of water per day
- (Here's a hint: in most cases, the yogurt is the easiest to tolerate.)

Remember: stop drinking 30 minutes before a meal and wait 30 minutes after your meal to start again. From now on, mealtime is only for food. Drinking with your food will wash it out of your stomach quickly and you will be hungry again!

Month Three and Beyond:

You may have the following foods at this time:

- Thinly sliced deli meats such as turkey, chicken, ham
- Low fat string cheese, Skim ricotta cheese, feta
- Soft fish – not dry or overcooked
- Canned chicken and tuna (you may mix it up with a bit of plain yogurt, mustard or low fat mayonnaise)
- Boiled shrimp (try a little cocktail sauce but be careful of taking too much because the sugar in it might make you dump – see “Dumping Syndrome”)
- Pan-seared scallops (lime or lemon juice is okay)
- Real or imitation lobster and crab (no real butter, but try imitation flakes, i.e. Molly McButter)
- Egg salad (use plain yogurt, mustard or lowfat mayonnaise, or even salsa – the finely pureed kind)
- Tofu
- Low fat hot-dog (no bun)
- Well cooked beans and legumes
- Soft cooked, vegetables
- Chili with ground beef or ground turkey
- Rotisserie style or grilled, soft chicken
- Soup with vegetables and protein
- Low-fat Lite yogurt with fruit

A note on the preparation of meats: The 3 B’s

- **Bake, Broil or BBQ** (this means on the grill, not with bbq sauce).
- It is important to avoid frying as this adds tremendous amounts of fat and may make you sick!
- Watch carefully to avoid overcooking and drying of edges.
- Feel free to spice your foods up, but without adding extra fat or sugar.

Avoid starches such as potatoes, yams, rice
Avoid pasta, bread, crackers
Avoid ALL Protein Bars!! They lead to pouch and stoma stretch!!

Remember that fruit is largely SUGAR and with your current vitamin plan, it contributes virtually nothing to your diet that you need. You should therefore use fruit as a treat at the end of your protein meal. Never eat fruit on its own and between meals. This would be a full sugar snack! (Remember: don't try any new sugars in a public restaurant!)

The Long-Term: How to Eat After Surgery

It is extremely important to read and understand how to eat after surgery. The “cues” that you will receive from your new stomach will be completely new to you. When people become very overweight, the normal sensation of being full and satisfied with food diminishes. This leaves people with a “disconnection” between stomach and brain, and it is impossible to determine when there is enough food in the system. It is imperative to pay close attention to what your body is telling you after each bite of food and stop when the immediate hunger goes away. If you overeat by a single bite, you may re-stretch your pouch!

HOW to Eat After Surgery

- **ALWAYS eat your protein first.**
- In the long term, each meal should contain **at least 50% protein**. This is the most important part of your meal and since you don't have much room in your stomach, you must be sure to get enough in each meal. Additionally, protein is what gives us a sense of fullness and satisfaction, so it's important to put that into the system first.

- Don't drink within 30 minutes of a meal, either before or after. Drinking before a meal fills up your stomach and inhibits your ability to get enough protein. Drinking after a meal washes the food out of your stomach, leaving you feeling hungry.
- Eat slowly, putting the fork down between bites and waiting for the food to "settle" before taking your next bite. Sometimes it takes a few minutes for the signal from your stomach to reach your brain and you must wait for that to happen.
- Chew, chew, chew... The connecting "stoma" between your stomach and your intestine is less than ½ inch wide and a piece of un-chewed food can block it, irritate it and potentially tear the connection. This can make you become very sick, very quickly and potentially lead to death. The food must be completely pureed in your mouth before you swallow it.
- For the same reason, always make sure that your food is moist.
- When you eat, make it a *meal*. Wait until your body tells you that it is truly physically hungry (not just head hunger!) and then sit down for a meal. You will soon be able to recognize early cues of hunger so you can sit down to a meal before you feel excessively hungry.
- Set aside a special place to eat – a kitchen or dining table, or special chair away from your desk at work should be your designated place to eat. Never eat on the run or when you could be distracted, as this results in snacking and eating too much, too fast or not chewing ...and this could make you very sick and damage your stoma.
- Sit down to eat. It is important to make mealtime a time just for eating, with no distractions. Many people have a tendency to overeat simply because they aren't paying attention due to family and children, television and conversation. Since it is embarrassing and potentially dangerous to overeat after the surgery, take the time to eat slowly with attention to every bite.

This will give you the best opportunity to be successful at “re-connecting” with your stomach in the long-term.

- Limit your meals to 20 minutes. This is about the length of time that it takes your stomach to empty out into the small intestine. If you draw out a meal to over 20 minutes, the food will be “going in through the top and out through the bottom” simultaneously and you will eat too much.
- Stop eating when your feeling of low blood sugar goes away. This will fulfill your needs and keep you from overeating and stretching your pouch.
- Do not eat between meals. You should eat 1-2 meals per day in the beginning, possibly increasing to 3 many months down the line if you are exercising a lot and subsequently needing more energy. **Eating between meals is snacking and this is the leading cause of weight re-gain!**

Alcohol and Medications

Medications:

The general rule is that you are cleared to take virtually all medications **except:**

- Long-acting medications – this refers to anything that has the letters XR (extended release), SR (sustained release), or is noted to be long-acting or 24-hour. Simply inform your physician that you need the short-acting/regular release form.
- Aspirin, Ibuprofen, Naprosyn (as noted on page 21)
- Cold and flu remedies that contain alcohol, ibuprofen, aspirin, or sugar.

It is generally acceptable to take anti-inflammatory Cox-2 Inhibitors after one month after surgery, but there is some increased risk of stomach irritation and ulcers, so do not take these unless you and your regular physician have tried alternatives. Always take these medications with a little food (a bite of yogurt or cheese will do).

Estrogen and birth control pills may be restarted immediately after surgery.

Alcoholic Beverages

You will absorb 4 times as much alcohol from a single drink after surgery. You will get very drunk, very quickly. If you are to get pulled over by the police and an alcohol breath or blood test is administered, it will indicate 4 times as much alcohol as you would expect. In order to be safe, you should only drink alcohol on special occasions and no more than 1-2 drinks in a 24 hour period. Needless to say, NEVER drive within 24 hours of a single alcoholic beverage. Additionally, it may also lead to increased risk for alcoholic liver cirrhosis if you drink regularly, and due to the high carbohydrate content, it will slow your weight loss significantly.

The Long Term Commitments: Your “WEPNSS” for Success

Discussed below are the keys to success, which you must adopt immediately and incorporate into your lifestyle in order to achieve long-term health and maintenance of a healthy body weight. ALL ARE IMPERATIVE and not embracing even one will be detrimental to your success. You have one chance to do this right.

Remember the following, for life:

1. Water:

It is extremely important that you drink 64 ounces, or 2 quarts, of water throughout each day. This may be a challenge in the beginning, but you must become used to it as quickly as possible. Here are some of the reasons why water is so important:

- Drinking enough water and exercising appropriately are the ONLY things that you can do to minimize the excess skin after weight loss!

- Your body can only work at its best in burning the fat if it is well hydrated. If you are dehydrated, you won't burn off the fat as well, and therefore you won't lose weight as well or as quickly, or in a healthy way.
- Water is used by the body to build and tone muscle tissue as you lose the fat.
- Rapid weight loss can stress your kidneys if you aren't well hydrated and drinking 64oz of water per day will help you to avoid getting kidney stones.
- You may mix a *small* amount of Crystal Light, Propel, sliced lemons, oranges or limes, in with your water. DO NOT make Crystal Light or other such drinks stronger than 1/8th strength because drinking sweet drinks, even if they are diet, will cause cravings for sweets and make resisting sweets very difficult indeed.
- The same applies to diet drinks such as Snapple, Cola, Propel, and the artificially sweetened flavored waters. Plain water is by far the best, but IF YOU MUST drink flavored beverages due to temporary nausea, dilute them 8:1 with water.
- Hint: Very diluted herbal tea often settles an upset stomach if the cold water is causing nausea.

2. Protein (and protein drinks)

Protein should always be eaten first. It is the most important part of your meal and your stomach is very small, so you must be sure that you always get enough in before eating anything else.

- Eating protein (and exercising) protects your muscles from getting broken down while your body is losing weight. Muscle loss results in people who look gaunt, skinny and bony. These people feel fatigued all the time and in general, don't look or feel good.
- Protein is what makes us feel full and satisfied with a meal. (carbohydrates make us hungry)
- Protein keeps the blood sugar at a steady level and helps to prevent

“bottoming out” and getting ravenously hungry.

A word on protein drinks:

Protein drinks are, in general, okay to use as a supplement to eating “real food”. We recommend getting 60grams of protein per day. If, especially in the beginning when it’s sometimes difficult to get that much protein in the form of real food, protein drinks can help make up the difference. They can give you the energy you need to have until you get enough by eating your meals. Some people just like the energy they provide and they use them as supplements to their meals in the long-term.

But be careful when selecting protein supplements! The ones that are made to be “shakes” are frequently high in calories and carbohydrates. Read the labels to find one that has:

- High amounts of protein (whey is a good source to look for). At least 15 grams per serving is a good amount.
- Low carbohydrates (less than 4gm)
- Low (less than 4gm) or no sugars

Do not blend protein powders with fruit, juice or milk as this adds unnecessary calories and stimulates appetite by being too sweet. Many people find that mixing a protein powder or liquid into their water and drinking it throughout the day gives them a day-long boost and minimizes the chances of stimulating appetite due to being too strong all at once. Ask the staff in the office for recommendations on favorites of our patients.

4. Never Snack!!

Snacking is the most common reason why people re-gain weight. You may feel as though you can snack and lose weight anyway in the beginning and this is true. But **the weight will come back if you snack**, even if you don’t eat more than you did before. The weight will come right back on and you will **never** have the opportunity to lose weight as easily ever again.

Interestingly, the body frequently can't tell the difference between hunger and thirst. So when we feel "hungry", it's often because we are actually thirsty and drinking a glass of water is all it takes to give the body what it needs and make the feeling go away.

The surgery doesn't stop you from eating little bits throughout the day. It only stops you from eating too much at once and it takes away the true hunger between meals. YOU must overcome the "head hunger" that leads to snacking. Identify your stressors, your triggers, which make you snack, so you can deal with them directly and not have to use food as security and comfort.

5. Supplementation:

You will absorb vitamins normally, but due to the decreased volume of food, coupled with your extra needs during the stress of weight loss, you must take your vitamins every day, without fail, for life. The requirements for vitamin supplementation and suggested times are:

AM:

- Two Adult High Potency Multivitamins per day
- Calcium Citrate, 1800-2000mg per day

PM:

- Ferrous Fumerate, 15-60mg per day (this is your Iron)
- B12, 1000mcg, sublingual, 1-3 times per week
- B-Complex, UNcoated, one per day

Separate your Calcium and your Iron by 6 hours.
Same applies to B Complex and Multivitamins
B12 gives you energy, so some people like to take it 2-3 times per week.

6. Support Groups:

Support groups are VERY helpful to the great majority of patients. People frequently feel that their new bodies are "unfamiliar" to them and they don't know themselves as slender and healthy. It's a pleasant, but sometimes not an easy, adjustment. You will find that strangers will treat you very differently when you

are slender versus when you were overweight. This is a sad but very true fact. Relationships with friends, family and strangers will change, sometimes dramatically.

We strongly advise attending support groups so you can adjust to these changes and deal with them in a healthy, constructive way. It is important to encourage your friends and family, especially spouses, to attend as well, because they will frequently be intimately involved in the adjustment to the new you. Support groups also keep people accountable for their actions, so patients are less likely to “stray”. Patients who attend support groups do better in the long run. It’s as simple as that.

Extra Help

What to Buy for After Surgery:

- **Good Quality Scale:** it doesn’t have to be expensive, just consistent. You should choose one that reads the same when you step on and off several times in succession. Always make a note of the difference between your scale and the one in our office. Make sure that you weigh in on the same scale **every day**. You will also be able to take that time, during your daily weigh-in, to run through the rules and assess your compliance. You must do this every day.
- **Journal:** It’s a good idea to chart your weight once per week. You will notice that your weight fluctuates up and down and you will sometimes lose several pounds all at once. You will go through “plateaus” where you won’t lose any weight for days. This is all normal and it is important to weigh every day so you can become accustomed to your body’s natural plateaus.
 - Take stock of what you are doing, not to punish yourself for misbehaving, but to make a mental plan every day to follow the rules and be the best you can be. Take this time to congratulate yourself on what you are doing well and make a plan to improve on other areas.
 - You should keep a journal of activities: exercise, pleasure, work, stressors and you will see how these things affect your appetite, your mood, your compliance with the program on a given day and your

weight loss! You will notice how carbohydrates make you feel (they can lead to fatigue, bloat and depression) versus how protein will make you feel (generally more invigorated and alert).

- **Camera:** It's worth it to get a camera and take photos of yourself every month. You should take them standing in the same place in your house, near a picture or doorway, for instance, so you have a point of reference as you start to shrink. You will be amazed at how you may not notice just how much smaller you have become until you see the photos.
 - Take the photos from the front, back and side each time, and put them in your journal.
 - If you have a digital camera, you can enter them in your online journal.
 - If someone close to you is looking for a nice gift for you as congratulation on your surgery, this is a nice gift that will provide lots of positive feedback.

- **Walking/Workout Shoes:** If you are starting out walking, be sure to get a supportive set of shoes, made for walking. You may develop back and joint pain if you try to walk in old sneakers. Nordstrom's' shoes are sometimes a little more expensive but they will replace them for free when they wear down. Movin' Shoes have locations in and around San Diego and they will let you try the shoes in their parking lot before you buy them. They have knowledgeable staff and can help you find the shoe that's right for your arches and the type of workout you will be doing and they can help you quite a bit. Your feet will most likely become narrower as you lose weight, so don't be surprised if you have to replace your shoes down the line.

- **Hand Weights:** You don't need to buy an entire set of dumbbells, but if you can find hand weights that have removable weights that screw in to the ends of the bars, you will be able to increase the weight as time goes by.

- **Heart Rate Monitor:** It's very important to monitor your pace to get the most out of your workout. Get one that fits around your chest, as the ones on watches aren't as accurate. This will be discussed in the lectures after surgery.

Final Note:

We are here for you. We're proud of you as you regain the health, vigor and enjoyment you so richly deserve. We are always only a phone call away if we can help you in any way throughout your journey...Your trust in us is so important.

Thank you and congratulations!

Dr. Ellner & Team