



Healing After Bariatric Surgery: Understanding Your Symptoms

When to Relax—When to Call—When to Get Help

GREEN ZONE — NORMAL RECOVERY

Expected — No Medical Care Needed



- Pain is managed and improves with medications
- Surgical site tenderness
- Mild Nausea
- Limited oral intake
- Temporary Constipation

YELLOW ZONE — Call Your Provider

Monitor Closely



- Pain is getting worse instead of better and does not improve with medications
- Nausea and vomiting are severe
- Inability to take in adequate amount of fluids
- Dizziness
- Fever over 101 degrees
- Incision area is red or swollen or has drainage
- Leg pain or worsening leg swelling
- Inability to pass gas/bowel movement
- Bleeding from incision, rectum, or in vomit



Call your bariatric care team

RED ZONE — SEEK IMMEDIATE MEDICAL CARE

Urgent Symptoms



- Chest Pain or heaviness
- Shortness of Breath
- Sudden slurred speech
- Confusion or inability to think clearly
- New Vision Changes

