

## Post-Surgery Help Card

Please call your surgeon with any questions or concerns, or if you experience any of the following:

- Abdominal Pain
- Fatigue
- Wound Issue
- Dehydration
- Fever
- Diarrhea
- Nausea and Vomiting

For an emergency:

Call 911

If you are not sure:

Call your surgeon's office. During non-office hours, you will be directed to the answering service. Please leave a message and the on-call surgeon will return your call.

At another hospital:

Call your surgeon's office.

For something non-urgent:

Call your surgeon's office during regular business hours to speak with a nurse or staff member that can assist you.



## Adolescent Bariatric Surgery Comprehensive Recovery Guide

Welcome to the Enhanced Recovery Program at Cooperman Barnabas Medical Center. Enhanced recovery is an evidence-based approach designed to help people recover more quickly from surgery. This booklet explains the steps to take before your surgery. During this time, our multidisciplinary team will work with you and your support system to help ensure a safe journey.

### Be Involved in Your Care

We ask patients and their support system to become involved in their plan of care. This will help set expectations, allow for better communication and create an environment in which you feel informed and involved.

We encourage you to be an active participant with your health care team.

Cooperman Barnabas Medical Center has earned the prestigious designation as a MBS AQIP Comprehensive Center with Adolescent Qualifications (formerly a Center of Excellence) from the American College of Surgeons.



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# Patient Pre-Operative Program Calendar

	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
<b>Surgeon's office</b>	Initial appointment with surgeon		Follow-up visit with surgeon			Pre-operative visit and education with surgeon
<b>Nutrition</b>	Schedule nutrition assessment with Dietitian	Schedule follow-up nutrition appointment	Schedule follow-up nutrition appointment	Schedule follow-up nutrition appointment	Schedule follow-up nutrition appointment	Schedule follow-up nutrition appointment
<b>Evaluations</b>	Schedule appointment with medical advisor, Dr. Brenner  Inform your pediatrician that you are preparing for surgery	Schedule any appointments that your surgeon requested		Schedule appointment with psychologist, Dr. Gill		Schedule Pre Admission Testing appointment at Cooperman Barnabas Medical Center
<b>Activity</b>	Build up to 150 minutes of moderate-intensity activity per week (like walking)	Build up to 150 minutes of moderate-intensity activity per week (like walking)	Build up to 150 minutes of moderate-intensity activity per week (like walking)	Build up to 150 minutes of moderate-intensity activity per week (like walking)	Build up to 150 minutes of moderate-intensity activity per week (like walking)	Build up to 150 minutes of moderate-intensity activity per week (like walking)
<b>Other</b>					Attend virtual support group with Program Manager	

## Helpful numbers:

Your Surgeon

Registered Dietitian  
Emma Christie, RDN  
973-322-7436

Pediatric Medical Advisor  
Dennis Brenner, MD  
973-322-6950

Adolescent Psychologist  
Debra Gill, PhD  
973-820-5174

Program Manager  
Jen Stein, RDN  
973-322-9845

Pre Admission Testing at  
Cooperman Barnabas  
Medical Center  
973-322-8883