

Postoperative - Inpatient to discharge

PACU handoff to Inpatient Nurse

- Report length of time in PACU
- Provide info on medications administered in the OR and PACU (including analgesics),
- Provide info whether or not Bariatric Diet (BD) was initiated and amount of water successfully taken
- Patient's overall status while on PACU

Abbreviations:

- NSAIDs- non-steroidal anti inflammatory drugs
- PACU - post anesthesia care unit
- SPOT - Severe Pediatric Obesity Taskforce

- Inpt RN to order SPOT care cart
- Vital signs q2 hr for 24 hrs, then q4 hrs
- Initiate or continue BD level 1
- Assess pain q4 hr

Pain Management
Goal: Minimize Opioids

- Fellow to order - acetaminophen and ketorolac to alternate q3 hr beginning with ketorolac via IV for first 24-48 hrs
- PO oxycodone, prn - first line breakthrough pain opioid, only once tolerating BD 3
- IV fentanyl, morphine, hydromorphone - 2nd line opioids

Has pt pain been managed with IV NSAIDs?

- Continue with IV acetaminophen and ketorolac
- Consider 2nd line opioids (consult surgeon/fellow)

Is pain managed with IV NSAIDs and 2nd line opioids?

Advance to oral acetaminophen

Has pt tolerated 1oz H₂O by mouth over 3-4 hrs?

Start PO fluid volumes over if pt vomits

Advance pt to BD level 2

Does pt meet discharge criteria?

[Discharge home with post-operative follow up visit in two weeks](#)

Nutrition During Hospitalization

- **Bariatric Diet 1 (Only Water)**
 - Immediately post-op
 - Administer 1 fl oz/hr of room temperature water as tolerated.
 - This diet usually lasts 12-24 hrs, before proceeding to Bariatric Diet 2. However, if patient is tolerating 1 fl oz/hr, he/she may advance to Bariatric Diet 2 in as little as 3-4 hrs.
- **Bariatric Diet 2 (Clear Liquids)**
 - Administer 2-4 fl oz/hr, given in 1 fl oz increments. Patient needs to take 64-100 fl oz successfully, before discharge home. Patient may then proceed to Diet 3, Protein shakes, before discharge.
 - **Special instructions:** Only sugar free clears, no carbonation, no caffeine and no straws.
 - Can be discharged home on Diet 2
- **Bariatric Diet 3 (High Protein Full Liquids)**
 - 24-32 fl oz of high protein liquids total, given in 4 fl oz protein drink "meals", 5-6x/day AND 4-8 fl oz of clear liquids between meals, given over an hr. Dehydration is the most common complication in the first 3 weeks after surgery, so the clear liquids are more important to push than the protein drinks.
 - Special instructions: No carbonation, only sugar free liquids or water for clears, no caffeine, no straws
 - Diet 3 is **NOT** required for discharge
- **Encourage family members to offer fluids frequently**

Discharge criteria

- Bariatric Diet 2 or 3
- Consumes 64-100 oz by mouth in 24hrs without vomiting
- Caregiver demonstrates understanding of diet and safety precautions via teach-back*
- Pts pain controlled by PO medications- **goal is Tylenol only**
- Home health orders entered if needed

***RN to document and verify with teach back**

- Caregivers demonstration of diet plan
- Caregivers demonstration of safety with transfers and ambulation of pt

[Prior to surgery algorithm](#)
[Pre- & Intra-operative algorithm](#)
[Post-op PACU algorithm](#)

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