

Reminders to Patients after having Stomach Surgery

1. May rest in half sitting and half laying down position after becoming conscious from surgery for inducing stomach tube to flow.
2. Stomach tube may be removed if air evacuation is taken place two days after surgery.
3. After conduct of air evacuation, patient may begin to have foods and drink water for approximately 55cc then gradually increasing drinking amount and frequency.

4. If patient encounters any discomfort, please have one spoonful of water with soft rice then dry rice in order continuously.

5. Please have 100cc of water between meals and avoid drinking water during meals.

6. Please keep relaxing during meal, and have more meals for less amount of foods each time (may have 6 meals a day), and lay on bed for rest for a short period of time after meals.

7. Please have more meals for fewer amounts of foods each time after leaving hospital, and do not drink and eat with varied amount each time. Please avoid irritant and spicy foods, and stay away from cigarettes and alcohol, and can return to having normal 6 meals after approximately 1 year.

8. Patient may start some light-loaded work two months after leaving hospital, and should wait till patient's body condition becomes healthy and wait till at least three months after leaving hospital to start some heavy-loading or labor-requiring type of job.

9. Patient may lay down for rest if there is any condition, such as vomiting, diarrhea, dizziness, sweating, or palpitations, while having foods. If there is still no improvement on the condition, should return hospital for treatment. (in order to prevent such condition, may take dry foods that contain high protein, high fat, and low sugar. Must not have water during meal.)