



# Bariatric Surgery Support Group

Meeting Held online in the ZOOM Room [Check out the website!](https://www.bariatricsurgerysupport.co.za/)

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Date: 11.07.23 at 6:00pm

Please save my cell number on your phone in order to receive any broadcast messages from me: 073 141 2580 – Bambine

Bariatric Support Group - [bssgsouthafrica@gmail.com](mailto:bssgsouthafrica@gmail.com)

*Information and Notes*

*As noted down in my non-professional understanding of everything discussed at the meeting and being able to read my handwriting after. 😊*

Please excuse the English / Afrikaans mixture in the notes, we have all sorts in our group and the questions come in all sorts of mish mash and so our answers are also a bit of 'all sorts'!

Meeting attended by Dr Swanepoel, Judy Kotze and Committee members: Rhine and Bambine (073 141 2580). (17 members in the Zoom room.)

*Welcome to all new members!*

Last month as I mentioned, I missed the meeting where we had Dr Chris Greyling Physician (Endocrinologist) join us. I have not yet typed that out, but promise to do so still. I have attached his details below anyway just in case anyone that were present at the meeting or not would like it.

## Chris Greyling - Physician (Endocrinologist)

During his training at Groote Schuur Hospital, Dr Greyling has gained experience in the diagnosis and management of a variety of simple and complex endocrine-related disorders including thyroid disease, diabetes, osteoporosis, obesity and bariatric surgery, parathyroid disease, pituitary disorders (including Cushing's syndrome, Acromegaly, Prolactinoma's), neuroendocrine tumours, lipid abnormalities, adrenal disorders, transgender care, electrolyte abnormalities and growth problems. Dr Greyling has a special clinical interest in autoimmune, thyroid and pituitary disease. He is also busy with his second Masters degree on the topic of hyperthyroidism and Grave's disease.

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*Just a few notes from our last meeting.*

We received a few **questions** for this evening's discussions and Doctor answered as he went down the list.

### 1. Wanting to know is it good to have a colon cleanse (colon hydrotherapy ) I think it's called?

Your colon produces essential micro bacteria which is important. Its important not to do it too often. But also, instead of spending money for a fancy procedure elsewhere, ask your doctor (Surgeon) for a script of Pico Prep. Just 3 sachets should do it and you can just do it at home. This would be a lot cheaper too. This is what was used before your surgery if you remember. Just make sure you are at home and have nowhere to be as it will be a decent cleanse. Lol. Also just use a probiotic at that time.

### 2. Can we take omega 3. My skin is very dry and usually omegas used to help, 2 weeks post op. Is itchy skin normal?

Omega 3 is important and you should/can continue with that. Bariatric surgery doesn't cause dry skin, so if you have dry skin, use your normal creams or oils that you use to. Itchy skin could be a reaction to the clexan injection or just be caused by irritation from the plasters. Some people may have a reaction to certain plasters, so have a look at that maybe with regards to the itchy skin.

### 3. I just want to know the recovery period for a gastric bypass.

1-week post-surgery you should be able to get back to basics already. Your wounds are small, but be sure to follow doctors instructions about lifting heavy things and over exerting yourself. At 3 weeks post-surgery you should be able to get back to basic exercise, general cardio should be good to start with – longer duration, and lower intensity.

### 4. What can be used as a bulking agent? My Bowel movements are never solid. What can i use to bind it?

Avocado is a good bulking agent as well as banana. Have a look at your diet, are you eating enough solids too?

### 5. Could Dr Swanepoel provide an updated list of the medications we may take for flu/colds. Apparently, there are two types of Corenza C available on the market, the original which we may not take as it contains Brufen and then one which contains panado - can we take this one or are both a no?

This is a question often asked. Medications are changing all the time. Your best bet is ALWAYS to ask a pharmacist or doctor weather or not the medication you want to take has an anti-inflammatory in there. As a bariatric patient you should stay away from anti-inflammatory as you are prone to ulcers. Below is the last SASSO bariatric supplement list, but these change regularly. We can send an updated list again towards the end of the year, but always ask your pharmacist before taking any medication you don't know.

## MEDICATION FOR BARIATRIC PATIENTS

### Flu Medication

(cold / joint pain / sinus congestion and pressure)

- Sinumax with Codeine
- Sinutab with Codeine

## Allergies

(blocked nose / runny nose / sneezing)

- Rupanase / Levogex
- Flixonase / Avamys (nasal sprays)

## General Body Pain

- Panado
- Stilpane caps (prescription)
- Tramacet
- Tramal (prescription)

## Antibiotic Treatment

- All ORAL antibiotics except Erythromycin / Clindamycin

## Muscle Pain / Bone Pain

- Myprocam (on prescription)
- Celebrex 100mg / 200mg
- Brexecam 20mg

## Post-operative Pain

- Pethidine
- Sovenor patch
- Rayzon - 40mg once-off dose
- Palexia 50m

6 . I struggle terribly with lose skin, folds etc.. (Over privates) - rash. Burns and itches. Is there anything you can recommend, or should she go see doc to get antibiotics etc. When I sweat, it makes it burn.

*You can use barrier creams for that. A few good ones are Sudo cream, Bepanthen or Cavelon barrier cream. There are a few out there, the ones just mentioned will avoid a rash as well as treat it. Lose skin is one thing that some patients will have to deal with and handle/treat as it happens. But what was the alternative – being overweight with NO saggy skin? Once you are a few years post op and have kept your weight off you could consider skin removal surgery. These procedures are very pricey, but can be done. It is up to you to see what you are happy with.*

The details on Bari complete can be found on the below site.

<https://www.bari-complete.com/app/pdHome>

Please note that you should ONLY complete the online form once you have had your first consult with one of our Doctors (Dr. Swanepoel & Dr. Potgieter). Link to online google form: <https://forms.gle/2KNp2fPQVUarN7rGA>

We ask that you please do not share these ZOOM ROOM details with anyone else as it is a closed meeting to our doctors patients ONLY. I have a list of patients that have completed the GOOGLE form and can only send to those.

## Next Tuesdays ZOOM ROOM meeting details (Will also be sent via Whats App).

Bambine is inviting you to a scheduled Zoom meeting.

Topic: Bariatric group meeting

Time: Aug 8, 2023 06:00 PM

Join Zoom Meeting

<https://us06web.zoom.us/j/87069513355?pwd=YXBsajRhWGtGQTMvZ0s2QVIKb2krZz09>

Meeting ID: 870 6951 3355

Passcode: 240946

## Next meeting dates to diarise:

- Please note, these dates may change due to holidays etc... advance notice will be given.



8 August

12 September

10 October

7 November

12 December – might not take place

Regards Bambine 073 141 2580

[bssgsouthafrica@gmail.com](mailto:bssgsouthafrica@gmail.com)

Just a reminder:

## How it will work:

- A few days before the online meeting, I will send out a What's App reminder for people to please let me know of anything in particular that they would like the doctors or Judy (dietitian) to address. This can be sent to me via What's App' and I will put your question on a general list. I will then at least have a list for the doctor/s to work with so that should they need to prepare any visuals or documents, we can get that ready by the time the meeting is held.
- We will then meet online from 6:00pm and 7:30pm on the given dates. The committee will welcome everyone and we can all just have a good 'chat and chinwag' for a bit. We generally just start by introducing ourselves and just stating weather we are pre op, post op, considering surgery, in the process or even choose to have your camera off if you would like to remain anonymous for now. You can even tell everyone how much weight you have lost so far as this gives people motivation. Anything goes!
- **We ask that you keep your microphone on silent when you are not speaking especially if you are in a noisy environment.**
- The Doctors and dietitian (one or both) will then join us between 6:30pm and 7:00pm to answer any medical or dietary questions that we might have after that. They will generally be in the 'room' available to us for about 30 minutes and after that those who want to stay and chat can continue to do so.

- It is a relaxed environment to find out about others like you, personal experiences etc. You will be surprised that so many of us have had similar experiences and have asked the same question before. No questions are silly questions.

**See you in the ZOOM room!**