

# Allurion Balloon Aftercare Instructions

## ALLURION BALLOON AFTERCARE INSTRUCTIONS

Thank you for choosing the Allurion Balloon for non-surgical weight loss. This swallowable, temporary gastric balloon is designed to help you feel fuller and support your weight management goals. Proper aftercare is essential to ensure safety, comfort, and optimal results.

**Immediately After Ingestion - Mild Discomfort:** You may experience nausea, mild stomach discomfort, bloating, or mild vomiting for the first few days. These effects are normal as your stomach adjusts to the balloon.

**Diet:** Follow the clear liquid diet as instructed by your healthcare provider for the first 24-48 hours. Sip fluids frequently to stay hydrated.

**First Week - Diet Progression:** Gradually move from liquids to soft foods as advised. Avoid large meals and eat slowly to prevent discomfort.

**Avoid Certain Foods & Drinks:** Carbonated drinks may increase bloating and discomfort. Very high-fat or sugary foods should be limited.

**Medications:** Take prescribed anti-nausea or antacid medications as directed. Avoid NSAIDs unless cleared by your healthcare provider to prevent stomach irritation.

**Lifestyle & Activity:** Light physical activity is encouraged, but avoid strenuous exercise during the first few days. Maintain a healthy diet and follow your nutritionist or provider's guidance.

**Monitoring & Follow-Up:** Attend all follow-up appointments to monitor the balloon and your progress. The Allurion Balloon is temporary and will naturally deflate and pass through your digestive system, usually within 16 weeks.

**When to Contact Us Immediately - Call your provider if you experience:** Severe or persistent vomiting, Severe abdominal pain or bloating, Difficulty swallowing or feeling the balloon is stuck, Black or bloody stools, Fever or signs of infection.

**Long-Term Care:** Use this period to establish healthy eating and lifestyle habits to maintain weight loss after the balloon passes. Stay hydrated and follow your provider's recommendations for diet and exercise.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

## PATIENT CONFIRMATION

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout