

Symptoms of Dehydration

After Weight Loss Surgery



1. Urine is Dark

If you aren't urinating as much or as often, if it's dark when you use the restroom, or if there is a strong smell, you may be dehydrated.

2. Nausea

Lack of fluid may cause a sick feeling in the stomach and feeling like you may vomit are signs of dehydration.

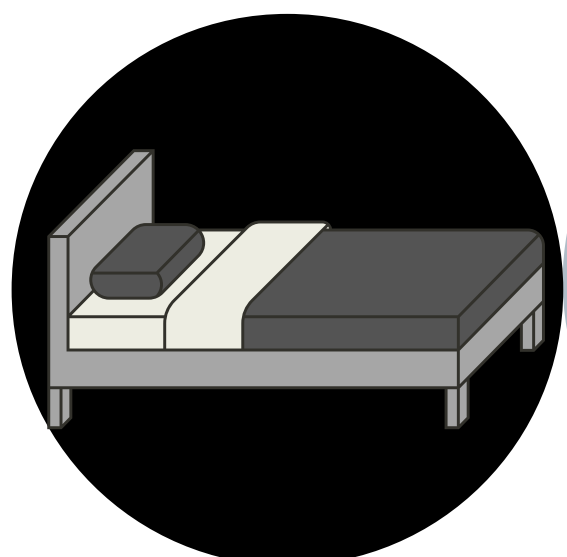
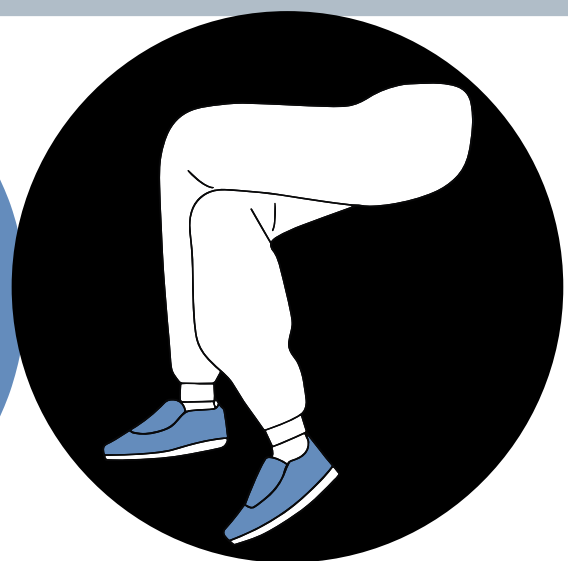


3. Extreme Thirst/Dry Mouth

Headaches, dry mouth, dry tongue, thick saliva, and extreme thirst are all signs your body needs water.

4. Cramping

Muscle cramps in the arms, legs, and stomach are common signs of dehydration



5. Dizzy/Fatigue

Dizziness, lack of energy, and tired during the day are signs of dehydration.

Severe Symptoms

May present such as a weak pulse, rapid breathing, blue lips, confusion, lethargy and difficulty arousing. The sooner the above symptoms are addressed, the less likely they are to advance in severity.