

## POST OPERATORY GENERAL RECOMMENDATIONS

Following the post-op Diet after your surgery is extremely important for your safety and recovery. This diet is design to prevent discomfort and avoid stressing your new stomach, remember the size of your stomach has been reduced so the post-op the diet is very important to prevent your stomach from STRETCHING OR RUPTURING.

### MUST DO'S

1. Get 40-60 grams of protein daily. Drink protein shakes.
2. Drink plenty of fluids, to prevent dehydration.
3. Walk regularly through the day in order to prevent blood clots.

### TO REMEMBER

A) Treat your new stomach like a "Stomach in Training."

B) The post-op diet has several phases. You want to make all the changes in your diet progressively to reduce the probabilities of vomiting and nausea. If changing the phases make you feel nauseous or if you vomit than go back to the previous phase for 48hrs until you try the new phase again.

B) Protein aids with the healing process and helps fight infection, is the most important nutrient that you need after surgery.

- Consume 40-60 grams of protein daily. The amount of protein will increase to 60-80 grams daily within 4 weeks.

C) Drink at least 6-8 cups (48-64 ounces) of water or fluids to prevent dehydration. Choose 0 calorie, non-carbonated &

- Caffeine: Water, Crystal Light, SoBe Lifewater 0 Calorie, Vitamin Water,
- Green tea & herbal teas.

**Remind yourself to sip and DON'T gulp!**

## POS-OPERATORY DIET

There are 4 phases of the post operative diet:

Stage 1: Clear liquids only

Stage 2: Add thicker drinks & smooth foods (no chunks)

Stage 3: Slowly test pureed & soft solid foods

Stage 4: Slowly test solid foods

### PHASE 1

**CLEAR LIQUID DIET:** This phase consists on drinking on ingesting only clear liquids and its begins 1 day post –op to 7 days post-op. The patient **MUST NOT** eat any solid foods or liquids that are difficult to digest. It is extremely important that you follow the phase one of the diet for your fastest recovery.

#### LIQUIDS THAT YOU CAN DRINK:

- Protein
- Clear broth (beef, chicken or vegetables)
- Water
- Caffeine: Water, Crystal Light, SoBe Life water 0 Calorie, Vitamin Water,
- Green tea & herbal teas.
- Liquid sugar free Jell-O (avoid the red or dark colors)

You must ingest about 4oz. of liquid every hour alternating between clear liquid and a whole liquid, make sure you this slowly use a spoon to dink NEVER a straw. Stop immediately as you feel full or have any pressure.

### PHASE 2:

Your surgeon will confirm that you have no nausea or vomiting before allowing you to begin Stage 2 of your post-op gastric sleeve diet. Stage 2 lasts from one day to 2 weeks, depending on your surgeon, and includes thicker drinks, pureed foods, and small “meals”:

- Clear liquids from phase 1.
- Protein shakes
- Clear broth (beef, chicken or vegetables)
- Cream soups (no chunks)
- Greek yogurt

No soft or solid food and no drinks with chunks or seeds. Stop immediately as you feel full or have any pressure.

### PHASE 3:

Stage 3 of your diet after gastric sleeve surgery will last from 1 to 7 days, depending on your surgeon. This stage allows softer solids, but take it slow! When you're ready to start pureed foods, blend water, skim milk, broth, or sugar-free juice with one of the following:

- Beans
- Cooked vegetables
- Eggs
- Ground meats (lean)
- Soft foods

General post-gastric sleeve diet guidelines during Stage 3 include:

#### Foods:

- Test one new food at a time to confirm if you can tolerate it.
- Eat as healthy as possible, protein first
- 60 grams of protein per day
- Small portion sizes
- Cut food into small pieces
- No more than 3 small meals per day
- Limit snacking (no more than 2 small snacks per day)
- Limit high-fat foods
- No fibrous foods like: asparagus, celery or broccoli
- No starchy foods like rice, pasta or bread
- No greasy or spicy foods
- No whole milk products
- No sugar

#### Drinks:

- Plenty of low-calorie fluids (1.5 liters per day)
- Sip fluids don't gulp
- Do not drink anything 30 minutes before, during, or after meals
- No sodas or sugary drinks
- Limit caffeine.

#### PHASE 4

Begins 3 days post-op to 4 weeks post-op depending on your surgeon, during this stage you will complete your slow transition to your "new normal" long term diet.

Your focus should be on eating your proteins first, in solid form (not protein shakes). Here's why:

- You need 60+ grams of protein to stay healthy, and getting that much can be tough if you fill up on other food first
- Liquid protein is okay while you are in healing mode, but switch to solids after recovery. Solids make you feel full sooner while eating and reduce the risk of weight regain.
- Test one new food at a time to confirm if you can tolerate it.
- Eat healthy "whole" foods (foods from the farm or water; avoid processed foods)
- Eat slowly and chew thoroughly
- No starchy foods like rice, bread, and pasta
- No whole milk products
- 64+ oz (2+ liters) of fluids spread throughout the day
- No drinking 30 minutes before or after meals