

Bariatric Surgery
Post-Op
2-week follow-up

Changes in your body

Your stomach's capacity is now severely restricted, and it will not be able to hold much fluid or food at one time. Your stomach is in a state of healing and therefore, we do not want it to do too much work.

It is important to -

- Follow the directions of your Registered Dietitian on:
 - When and how to advance your diet
 - How and what to eat
- *Remember - Weight loss surgery is a tool to help you loose weight and requires lifestyle changes to be successful! It is important to continue your journey of re-programing your swallowing center and developing lifelong habits that will help maximize your weight loss.*

What to expect at your 2-week follow-up?

Your Registered Dietitian, along with your Bariatric Medical Team, will determine if you are tolerating your current Full Liquid Diet. Any issues that you may be currently having with food intake or GI distress should be brought to the Registered Dietitian's attention. If you are tolerating your current diet, the Registered Dietitian will direct you in advancing your diet.

If you are directed to advance your diet, you will advance to a Puree Diet. If you are directed to not advance your diet yet, please remember that your diet plan is catered to you and should not be seen as a set-back.

Advancement of Diet - weeks 3-4

Puree Diet-

- When: Weeks 3-4 unless otherwise directed by your Registered Dietitian
- Total Meal Size: 2-6 ounces ($\frac{1}{8}$ – $\frac{1}{4}$ cup)
 - Increase meals by 1 teaspoon every 7-10 days as tolerated
- Meals Per Day: 3 meals
 - Half of the Meal needs to be Protein Food
 - The other half can consist of vegetables or fruit
 - On occasion you can have starch, but it should not be at every meal.

Advancement of Diet - weeks 3-4

Puree Diet-

- Foods to blend and eat
 - Soft, cooked, fresh, frozen, or canned vegetables that can be easily mashed or blended
 - Use soft, frozen, or canned fruits and vegetables in water (no added sugar, juice drained)
 - Add smooth reduced-fat peanut butter
 - PB2 is a good powdered peanut butter option since the fat is reduced from the dehydration process
 - Cook vegetables until they are soft and mushy
 - Low-fat refried beans
 - Bean soups are the best choice
 - Navy, black bean, lentil, pinto, and split pea soups
 - Homemade soups full of chicken and vegetables can be blended to a split pea consistency
 - Tuna or crockpot, shredded chicken with mayonnaise
 - Baby food

Advancement of Diet - weeks 3-4

Puree Diet-

- Smash soft foods with a fork or puree your food
- How to Blend or Puree Your Food
 - Put the food into a food processor and use the pulse button to grind it to a fine consistency
 - Add about a teaspoon at a time of water, broth, fat-free gravy, light mayonnaise, or milk as needed to create a paste-like or applesauce-like consistency. You may have to experiment a few times to create the consistency that you prefer.
 - Measure what you need for a meal, and freeze the rest
 - Fruits and vegetables have high water content, so be careful about adding fluids. A few drops of lemon juice will help prevent the browning of fruits.

Advancement of Diet - weeks 5-6

If you are directed to advance to a Puree Diet at your 2-week visit, you will also be given a date to start a Soft Diet.

Soft Diet-

- When: Weeks 5-6 unless directed differently by your Bariatric Team
- Total Meal Size: 4-8 ounces (1/2-3/4 cup food)
 - Eat only until no longer hungry
- Meals Per Day: 3 meals
 - Eat your protein first

Advancement of Diet - weeks 5-6

Soft Diet-

- Start Adding:
 - Moist, tender chicken, turkey, or vegetarian meat substitutes
 - Shred after cooking, or very thinly sliced
 - Foods chopped the size of a pea
 - Fish
 - Low-fat soft cheeses
 - Cooked vegetables (no skin, seeds, or strings)
 - Canned fruits (no added sugar, juice drained)

Goals for Improved Eating Habits and Long-Term Health

For all diets, be sure to -

- Advance your diet slowly, introducing one food at a time
 - This will help decrease your risks, complications, and nausea
- Assess your hunger level before eating
- Focus of small bites
 - Use small utensils, such as for toddlers or dessert
- Use smaller plates - gives appearance of more food on plate
- Chew food thoroughly with 20-30 times per bite
 - Eat slowly and take 30 minutes for each meal
 - Put your fork down after each bite
- Eat 3 meals per day, including breakfast
- Limit snacks/nibbles to 3 per day
- Track you food and fluid intake
- Stop eating once you are no longer hungry

Goals for Improved Eating Habits and Long-Term Health

- Eliminate carbonated drinks
- Eliminate caffeine
- Eliminate alcohol
- Eliminate simple sugars (foods with sugar added, soda, baked treats, packaged cookies, fruit juice concentrate, breakfast cereals)
- Limit fried foods and high-fat condiments
- Eat protein with each meal and snack
- Drink at least 64 ounces of sugar-free, low-calorie fluids each day.

Protein Goals

Goals:

- 80 grams of protein each day after surgery
 - You may have difficulty reaching this goal right after surgery since your body is adjusting to your new “little stomach.”
 - If you have difficulty reaching 80 grams of protein, you need to reach a minimum of 60 grams each day.

Tips for Reaching Your Protein Goals

- **Tips for reaching your Protein Goal –**
 - Include protein at every meal and snack to meet this goal!
 - At meal times, choose high protein foods
 - Poultry, fish, and solid dairy products (egg, cheese, and nonfat yogurt).
 - Each one-ounce serving of these high quality proteins is about seven grams.
 - Do not eat anything else on your plate until you have finished your protein.
 - Half of the Meal should be Protein Food.
 - The other half can consist of vegetables or fruit.
 - Focus on eating your protein before eating starches, fruits or vegetables.

Protein in Your Diet

- Examples of High Protein Foods*

* For more examples, please refer to your packet provided at your first visit, or contact your Registered Dietitian.

Meats	Avg. Amt.	Dairy	Avg. Amt.
1 oz Fish, Chicken, Tender Beef or Pork, Ground Beef (= 1/4 cup diced/chopped meat or fish)	7 grams	1 oz (1 slice) Low-Fat Mild Cheese, String Cheese	13 grams
1 Low-Fat Hot Dog	6-7 grams	1 cup Milk (Skim or 1%)	8 grams
1 oz Low-Fat Lunch Meat	3-5 grams	1 cup Yogurt or Greek Yogurt	8-12 grams
		1 whole Egg	7 grams
Legumes	Avg. Amt.	Soy Foods	Avg. Amt.
1/2 cup Chili	10 grams	1 cup Soy Milk	7 grams
1/2 cup Beans (Pinto, Black, Kidney, Lentils, Lima Beans, etc)	5-7 grams	1 Vegetable Burger	10-13 grams
1 Tbsp Peanut Butter	4 grams	1/4 cup Tofu	5 grams

Importance of Protein

Importance of Protein:

- Necessary for proper healing of your incisions and new stomach pouch.
- Important for keeping muscle mass during weight loss.
- Needed to prevent hair loss.
- Assists with blood sugar control.
- Helps prevent sugar cravings and keeps you full longer.

Inadequate protein can cause long term malnutrition, stalled weight loss, weak immune system, and lower energy levels!

Protein Supplements

Continue with your protein shakes as needed to ensure you have an adequate protein intake.

- Protein supplements:
 - Look for supplements that provide 20-30 grams per serving
 - Your body can only absorb 30 grams at a time.
- Sources of Protein in Supplements –
 - Whey, Soy, Egg, Casein
 - Best Choice is Whey Protein Isolate since it is 90% protein and have had the fat and lactose (sugar)
- Protein Supplement Forms –
 - Powder, Liquid, Bars, Pre-mixed
- What to look for on the nutrition label –
 - Low Fat
 - < 3 grams of fat per 100 calories
 - High in Protein
 - 15+ grams of protein per serving
 - Low in Carbohydrates
 - < 5 grams of carbohydrates

Importance of Proper Hydration

VERY IMPORTANT!

After surgery, it is *VERY IMPORTANT* to drink enough water to stay adequately hydrated, avoid constipation, digest protein within the body.

If you do not drink a minimum of 64 ounces of water each day, you will put yourself at risk for –

- Dehydration
- Constipation
- Possible Health Complications
- Being admitted to the hospital

Fluid Goals for Proper Hydration

- Goals:
 - Drink at least 64 ounces of fluid each day
 - Water is best
 - Sip your liquids slowly between meals and throughout the day
 - *Remember to keep your fluid intake to at least 5 ounces per hour for 12-13 hours of awake time, and a total of at least 64 ounces per day*
 - Limit how much is in your stomach at one time
 - There is not enough room in your stomach for both food and liquids
 - Do not drink fluid for 30 minutes before or 30 minutes after meals
 - Do not drink liquids with your meals
 - If you drink too much at one time, or if you drink fluids with your meals, you may vomit.
 - Drinking fluids too soon after eating will push the food through too quickly. This can result in becoming hungry again sooner and possibly eating more at your next meal.

Recommended Beverages

- Water (*best option!*)
 - *Research shows that high water intake helps promote weight loss, wound healing, and helps prevent constipation.*
- Crystal Light
- Sugar-Free Drinks
- Non-Carbonated Drinks
- Decaf Coffee
- Decaf Tea
- Caffeine-Free Beverages
 - Caffeine will stimulate your appetite and should be avoided

Beverages to Avoid

- High-Calorie Drinks
 - Such as: Regular Soft Drinks, Fruit Juices, Milk, and Alcoholic Beverages
 - These drinks are a common reason for weight gain and will impair your weight loss.

Additional Changes in Your Body

- Post-Bariatric Surgery Digestion of Nutrients –
 - Changes have been made to your digestion system by the weight-loss surgery
 - It is now harder for your body to absorb certain nutrients
 - You will not be able to meet all of your nutritional needs with diet alone
 - You are more likely to develop certain nutrient deficiencies
- *Even after you are eating normal servings of a well-balanced diet, you will still not be able to meet your nutritional needs years later!*

Importance of Vitamins

- Vitamins function in every cell of our body
 - Help us use energy
 - Help with brain and nerve function
 - Help our skin, gums, bones, and teeth stay healthy
 - Help us fight infections and heal from injuries
 - Help our eye sight

Post-Bariatric Surgery Vitamins

It is important to start taking daily vitamins -

- Multivitamins with Iron – 2 times per day
- 600 mg Calcium Citrate with vitamin D and magnesium -
 - 2 times per day
- 500 mcg vitamin B-12 – 1 time per day (if prescribed)

- *It is important that you continue taking certain vitamin and mineral supplements every day for the rest of your life!*

Choosing Your ASMBS Approved Bariatric Vitamins

Refer to your packet that was provided at your initial visit with your Registered Dietitian for a list of providers of bariatric vitamins approved by the American Society of Metabolic and Bariatric Surgery (ASMBS).

- The list of ASMBS multivitamin providers in your packet is not comprehensive. Additionally, please note that there are many over-the-counter vitamins that claim to be appropriate for bariatric surgery, but not approved by ASMBS. If you have any questions about a specific vitamin or how/when to take them, please call your Registered Dietitian.

Post-Bariatric Surgery Vitamins

- Multivitamin

Select a Multivitamin with Iron that includes –

Vitamin A	Folic Acid
Vitamin C	Vitamin B-12
Vitamin D	Biotin
Vitamin E	Pantothenic Acid
Vitamin K	Copper
Thiamin	Iron
Riboflavin	Zinc
Niacin	Selenium
Vitamin B-6	

Please refer to your handout for recommended list of providers of bariatric multivitamins.

Post-Bariatric Surgery Vitamins

- Multivitamin

- A chewable or liquid supplement may be best tolerated
 - Whole pills can cause possible blockage
- Avoid time-release and enteric coated products
- Look for “USP” on the label for quality assurance
- Check the expiration date and throw out any supplements that are expired
- Avoid supplements with words: “super,” “ultra,” and “mega” on the label
- Read the label!
 - Your vitamin should meet 80% to 100% of the Daily Value (DV) for:

Thiamin	Vitamin K
Folic Acid	Iron
Vitamin B-12	Zinc
Biotin	

Post-Bariatric Surgery Vitamins

- Calcium Citrate

Read the Label –

- Choose a ***Calcium Citrate*** with Vitamin D and Magnesium
 - These three nutrients work together for bone health.
 - Avoid calcium carbonate. It is not well absorbed.
- Check the serving size
 - Front of the label may say “600 mg of calcium.”
 - Check the serving size on the facts label to know the number of pills you need to take to get that dose of 600 mg. It could be 2-3 tablets per dose!
 - You must take two 600 mg doses of calcium citrate per day.
 - Your body can only absorb 600 mg at a time, and you require 1,200 mg of calcium citrate per day.
 - You may require an additional dose if you do not regularly consume 2-3 servings of high-calcium foods (milk, cheese, yogurt, tofu).
 - Your Registered Dietitian can help you determine how to get calcium in your diet.
- Chewable, liquid, and flavored types of calcium citrate.
 - Available online or over-the-counter.

Post-Bariatric Surgery Vitamins

A Sample Supplement Schedule -

- 8:00am, Breakfast: Multivitamin with iron
- 12:00pm, Lunch: Calcium Citrate, 600 mg*
- 6:00pm, Dinner: Calcium Citrate, 600 mg*
- 9:00pm, Bedtime: Multivitamin with iron + Iron if recommended

* For adequate absorption: calcium should be taken no less than 2 hours before or after iron source and calcium dosages should be taken at least 2 hours apart.

Post-Bariatric Surgery Vitamins

- Vitamin B-12

Recommended Supplement for Sleeve –

- Even if your multivitamin includes vitamin B-12, it may be recommended for you to take an additional vitamin B-12 supplement containing 350 to 500 mcg after having a Sleeve.
 - Some specialty multivitamins provide this additional 350 to 500 mcg of vitamin B-12. Check with your Registered Dietitian to be sure your supplements meets your needs.
- You may opt for a monthly vitamin B-12 injection instead of taking daily supplements.

Tips for Remembering to Take Your Supplements

- Set the alarm on your cell phone.
- If you spend a lot of time at a computer, set a pop-up reminder.
- Put all of your pills in a bag and keep it in your pocket.
- Place supplements in places you go to at certain times.
 - Example: multivitamins by the toothpaste and calcium in your car
- Buy supplements that taste good to you.
 - Example: flavored or chewable multivitamins
- Take supplements when you perform certain daily tasks
 - Example: eating meals or going to bed