

# Bariatric Post-Op Guidelines

**Protein Goal: 60 – 80 grams daily**

**Fluid goal: 60-120 ounces daily**

*No solid foods for 1 month + minimal acidic foods/beverages (fruit and fruit flavored drinks)*

*Never eat more than ½ cup of food faster than ½ hour*

## **First Week**

Protein shakes or protein water

Sugar free yogurt

Fat free broth or bouillon soup

Coffee

Sugar free gelatin

Tea

You should drink protein supplements to attain 60-80 grams per day. Protein is **very** important for your health. Notify your surgeon's office if you are unable to drink your protein supplements.

Hydration – no faster than 1 swallow per minute.

Activity Level – only ambulation, generally you will be off work.

## **Second Week**

Same foods allowed in week one plus the following:

Sugar free pudding

Cottage cheese

Skim milk

Hydration – begin to increase number of swallows per minute as tolerated.

Activity Level – light duty at work

Follow up with Dr. Fabian at the end of the second week.

## **Third Week**

Same foods allowed in week 1 and 2 plus the following

Whole pureed foods

Avoid bread, cereal, pasta, potatoes, rice and sugar

Focus on eating protein foods and a variety of non-starchy vegetables.

Never eat more than ½ cup of food faster than ½ hour

Minimal acidic foods/beverages (fruit and fruit flavored drinks)

Hydration – continue to increase number of swallows per minute as tolerated.

Activity Level – Generally all restrictions are removed. Begin cardio exercise 30 minutes, 3 times a week or more, gradually increase the intensity.

### **Fourth week**

Same foods allowed in week 1, 2 and 3 plus the following  
Semi solid food (ex. cooked broccoli; not raw)

Avoid bread, cereal, pasta, potatoes, rice and sugar  
Focus on eating protein foods and a variety of non-starchy vegetables.  
Never eat more than ½ cup of food faster than ½ hour  
Minimal acidic foods/beverages (fruit and fruit flavored drinks)

Hydration – By week four you should be able to drink 1 cup of water on an empty stomach rapidly.

Activity Level –If you haven't done so, begin cardio exercise 30 minutes, 3 times a week or more, gradually increase the intensity.

### **One Month**

At one month you should be able to carefully eat solid food.

### **Three Months**

Follow up with your provider at Mercy Weight Management Services, 428-7799  
Have blood work done to check for deficiencies

### **Six Months**

Follow up with your provider at Mercy Weight Management Services, 428-7799  
Have blood work done to check for deficiencies

### **Twelve Months**

Follow up with your provider at Mercy Weight Management Services, 428-7799  
Have blood work done to check for deficiencies.

### **Life Long**

Avoid bread, cereal, pasta, potatoes, rice and sugar  
Focus on eating protein foods and a variety of non-starchy vegetables.  
Never eat more than ½ cup food faster than ½ hour.  
Minimal acidic foods/beverages (fruit and fruit flavored drinks)  
60g-100g protein per day  
Call Dr. Fabian's office, 641-494-5260, if you experience any digestive related concerns.

### **Hydration**

To prevent dehydration it is very important that you drink 60-120 oz. of fluid (water, skim milk, or protein supplements) daily. **Drink slowly and sip, no gulping.**

Symptoms of dehydration are:

- Dry mouth
- Decrease urine production
- Dark urine
- Rapid pulse (over 100 beats per minute at rest)

**Please call Dr. Fabian's office at 641-494-5260, if you have questions.**