Post-Operative WARNINGS

- Avoid alcohol
  - It is dehydrating, high in calories

- Avoid carbonated (bubbly) drinks
  - The bubbles can give you gas, cause bloating and pain

- Avoid chewing gum
  - If you swallow it, gum can block the stomach opening

- Avoid drinking from a straw
  - You may drink too much too quickly, which can be painful
  - The straw makes you swallow air, which causes bloating
Post-Operative WARNINGS

• Do not drink with your meals - Stop 15 minutes before meal / Start 30 mins after
• Avoid items with greater than 10 grams of sugar
• Avoid coffee and caffeinated tea for 6 weeks after surgery
  • Try introducing decaf after 6 weeks
    • The caffeine in coffee or tea is a diuretic and can dehydrate you
    • Caffeine increases gastric acids, which causes heartburn and gastroesophageal reflux
  • Coffee may limit the absorption of calcium and iron in the gut
    • Limit yourself to <1 cup per day
• Excess calories
  • Coffee and tea drinks (latte, frappuccino, creamers, chai teas, etc) are high in processed sugars, fats, and calories
  • Use low fat milk, unsweetened almond/soy milk and avoid sugars and artificial sweeteners in your drinks
Post-Operative **WARNINGS**

**Beware of Dumping Syndrome**

- **Early Dumping:**
  - Immediate reaction to sugar and fat
  - Symptoms: Diarrhea or nausea

- **Late Dumping:**
  - Occurs 2 hours after a meal that is usually high in carbohydrate and contains little to no protein (avoid by always having a protein with meals)
  - Symptoms: Fatigue, sleepiness, lightheadedness, near fainting, sweating, low blood pressure, reactive hypoglycemia

**What can cause Dumping:**
- Anything with more than 10-15 grams sugar
- Milkshakes, coffee drinks, fruit juice, sport drinks
  - High fat liquids and foods:
  - Creamy soups, alfredo sauce
Post-Operative **WARNINGS**

**Gout Flares**

- Gout flares may develop after surgery due to rapid weight loss and high protein intake

- Avoid foods high in purine:
  - Turkey
  - Some seafood: anchovies, herring, sardines, mussels, scallops, trout, haddock, mackerel and tuna

- Increase consumption of:
  - Low-fat dairy (greek yogurt, milk, cottage cheese, etc)
  - Whole grains (quinoa, whole wheat bread, brown rice, etc)
  - Fluids (alkaline water, herbal tea)