

Section of Bariatric Surgery Post-Operative Instructions

This is a simplified version of the required pre-operative class information. For detailed information, please refer to the PowerPoint slides.

Postoperative Diet Stages

<p>1. Clear Liquid Diet- Day Before, Day of and Day after surgery</p> <ul style="list-style-type: none"> • Broth • Water or ice chips • Diluted, clear 100% juice (1/4 cup juice, 3/4 water) • Sugar-free Jell-O • Sugar-free popsicles • Propel • Gatorade ZERO • Crystal lite • Herbal Teas 	<p>2. Full Liquid Diet - Begin Day 2 after surgery</p> <ul style="list-style-type: none"> • 3 protein shakes daily <ul style="list-style-type: none"> ○ 4-6 oz. protein shake in each sitting (about 1/2 shake) ○ Protein shakes should be: <ul style="list-style-type: none"> ▪ 100-200 calories ▪ >20 g protein ▪ <15 g carbohydrates ▪ <10 g sugar ○ Whey protein isolate or vegan shakes for lactose intolerance • Goal 80-100 grams protein per day, as tolerated • Start multivitamin + B complex (or bariatric multivitamin) <ul style="list-style-type: none"> ○ Please note: you may be nauseated for the first 3-4 weeks after surgery when taking vitamins. Take it with food. If it continues, try vitamin patches (found on PatchMd.com) for the first few months. • Drink slowly- work up to 64 oz. fluids daily <ul style="list-style-type: none"> ○ Water, herbal tea, Propel, Gatorade ZERO, broth ○ Fluid goal does not include protein shakes
<p>3. Soft Foods Diet - Day 15- Day 36</p> <ul style="list-style-type: none"> • 80-100 g protein, 64 oz. fluid daily as tolerated • Continue multivitamin • Eat soft proteins first (no beef), then soft non-starchy vegetables and/or fruits • No grains (rice, noodles, bread, oatmeal, etc.) • Do NOT eat and drink at the same time • Eat and slip slowly to prevent nausea 	<p>4. Regular Texture Diet - Begin Day 36 after surgery</p> <ul style="list-style-type: none"> • Goal of 800-1200 calories, 80-100 grams protein/day • 64 ounces of fluid per day <ul style="list-style-type: none"> ○ No liquids 15 minutes before meals and 30 minutes afterwards • Portion control 1/2 cup food per snack and 3/4 cup of food per meal • Introduce one new food item at a time • Eat slowly, take 20-30 minutes for each meal • Stop eating at the first sign of fullness • Continue protein supplements as needed

Activity

- Walk frequently (every 2-3 hours) and avoid prolonged inactivity to prevent blood clots.
 - **Note:** Walking can help with constipation, prevent pneumonia, and relieve post-operative gas pain.
- **NO** lifting greater than 10 lbs. for at least 4-weeks after surgery
- Wait at least 6-weeks before traveling by plane

Wound Care & Post-operative Pain

- **Showering is OK once home**
 - But **NO** tub-baths, hot tubs, and/or swimming in pool for one-month after surgery to avoid infection.
- Pain is usually related to movement. Wearing an abdominal binder can help. Take it slow for the first month. Take frequent rests.
- You may take prescribed medication for pain.
 - Keep in mind the side effects: constipation, nausea, and itching.
- If pain is moderate, please take over the counter **Tylenol 500 mg, 2 capsules every 6-8 hours as necessary.**

Constipation

- Change in bowel habits is common and does not represent true constipation. However, constipation may develop due to initial lack of fiber in diet and high-protein intake.
- **If you do not have a bowel movement for more than 3 days**, please take **over-the-counter laxatives (i.e. Miralax, Milk of Magnesia, Magnesium citrate, etc).**
 - It is **IMPORTANT** to maintain good hydration, walk frequently, and may take fiber supplements (Psyllium husk Metamucil).

Medical Leave

E-Mail: UCLABariatrics@mednet.ucla.edu **Fax:** (310) 267-4632

- **FMLA/ Leave of Absence (Allow 10-14 business days for completion)**
 - Ask your HR Department for FMLA forms and either e-mail or fax.
- **EDD/ SDI & Extension (Allow up to one-week for completion)**
 - Please forward Receipt Number (R100000...) via e-mail and include name, date of birth, and length of leave.
 - Extension Request: Please forward Disability Claim ID Number (DI...) and include name, date of birth, original and new return to work date.
- **Return to Work (Allow up to one-week for completion)**
 - Many employers require a letter releasing employee to work without restrictions. Please e-mail with your name, date of birth, and return to work date.

Contact Us

- **For non-urgent matters:**
 - Send a message to your Surgeon through MyChart
 - Call the office directly at (310) 206-0367 (M-F 7:00A-4:00P)
 - E-mail: UCLABariatrics@mednet.ucla.edu