

Bariatric Surgery

Section 3



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Before Surgery

Surgery Preparation Class

You will need to go to a surgical preparation class. The team will check your weight, and you will finish your surgery plans at this class.

Pre-surgery Screening

You may get a call from pre-surgical screening before surgery to go over your health history. They may tell you that you need blood work or other tests before surgery. They will give you a surgery time, tell you when to arrive at the hospital, and where to go. Be ready to tell them about:

- Your current medicines, including the names and amounts you take.
- Any surgeries that you have had.
- Any allergies you have.

Talk to Your Doctor

Tell your primary doctor that you are having surgery.

- It is important to talk to your doctor about any health issues you had before surgery and make any medicine adjustments.
- Make an appointment to see your doctor in the first few weeks after surgery.

Make Plans for the Day of Surgery

You cannot drive yourself home after surgery. Someone must stay in the surgical waiting room while you are in the operating room and must be able to drive you home after surgery. The surgeon will meet with that person after your surgery is finished.

Incentive Spirometer

Your safer surgery kit will come with an incentive spirometer and instructions on how to use it. You should use your incentive spirometer for **2 weeks before surgery**.

Medicine

Talk to your doctor and surgeon about the medicine you take. **During the month (30 days) before surgery:**

- Do not take any NSAIDs such as ibuprofen or naproxen (examples are Motrin®, Advil®, Aleve®).
- Do not take birth control, hormone replacement therapy, or steroids. Plan to use another birth control method to prevent pregnancy.
- You can take acetaminophen (Tylenol®).

What to Eat and Drink Before Surgery

About 1 week before surgery, you will be on a high protein liquid diet. You will have mostly clear liquids and some other high protein items. The chart below shows things you can eat and drink. This diet helps lessen the amount of fat in your abdominal cavity (area around your stomach and intestines). All of this will help you have a safer surgery.

- **Drink at least 64 ounces (8 cups) of fluids each day.**
- **Do not drink any drinks with caffeine.**

Beverages <ul style="list-style-type: none">• Water.• Decaf coffee and tea.
Protein Supplements <p>Aim to consume at least 60 to 80 grams of protein a day.</p> <ul style="list-style-type: none">• There should be 15 to 30 grams of protein in each serving or shake.• There should be 5 grams or less of sugar in each serving or shake.• There should be 5 grams or less of fat in each serving or shake.• Mix with fat free (skim) milk, soy milk, lactose-free milk, almond milk, rice milk, or water.
Non-fat Greek Yogurt <ul style="list-style-type: none">• Any brand.• Do not eat frozen yogurt or ice cream.
Low-sodium Broth <ul style="list-style-type: none">• Beef, chicken, or vegetable broth that comes in a can, carton, cube, or packet.
Sugar-free Jell-O® and Popsicles <ul style="list-style-type: none">• Eat only sugar-free Jell-O® and popsicles. This includes sugar-free fudge pops.
Sugar-free Drinks and Drink Mixes <ul style="list-style-type: none">• Any brand of sugar-free drinks or drink mixes.• Examples are Crystal Light®, Propel®, and Sugar-free Hawaiian Punch®.

The Day Before Surgery

What to Pack

Pack a bag to take with you to the hospital. Bring:

- Your insurance card and driver's license (or another form of picture identification).
- Comfortable clothing and non-skid slippers or shoes for walking after surgery.
- Glasses, hearing aids, cell phone and charging cord, and any other personal items you may need.
- Lip balm to help keep your lips moist after surgery.
- Your rescue inhaler, if you have one.
- Your CPAP machine and mask, if you have one.

Do Not Bring:

Large amounts of money, credit cards, or valuables such as watches and jewelry. The hospital is not responsible if any of these items is lost.

In the Morning

Do not drink any protein supplements. Drink clear liquids only. Some examples are:

- Water
- Sugar-free Jell-O®
- Low sodium broth or bouillon (chicken, beef, bone, vegetable)
- Sugar-free popsicles
- Sugar-free drink mixes and flavored water
- Decaf coffee
- Decaf tea

Take your medicine as explained by your surgery team.

In the Evening

Continue to drink clear liquids only. **VERY IMPORTANT:** Follow the instructions in the safer surgery kit from your surgical preparation class. This includes how to:

- Wash your hair and body using both regular soap and the soap in the kit.
- Brush your teeth and gargle with mouthwash from the kit.
- Remove any nail polish or acrylic nails from the thumb and index finger of one of your hands. Nail polish or acrylic nails can interfere with the oxygen monitor you will wear on your finger while at the hospital.

The Day of Surgery: at home

Take any medicine your surgical team told you to take with a few sips of water. Shower and brush your teeth following the safer surgery kit instructions. Do not wear any make-up. Continue to drink clear liquids only until 3 ½ hours before your surgery time.

3½ hours before your surgery time

Begin to drink 12 ounces of regular Gatorade®. Do not drink Gatorade® that is red or purple.

- Drink it in 30 minutes or less.
- Once the Gatorade is finished, do not eat or drink anything else.

If you have a CPAP machine, pack it and bring it with you into the pre-op area when you get to the hospital.

The Day of Surgery: at the Hospital

Pre-operative Area (Pre-op)

- You will go to pre-op when you get to the hospital.
- You will change into a hospital gown, be helped onto a hospital bed, and have an ID band put on your wrist.
- The person that brought you to the hospital should wait in the surgical waiting lounge. Your surgeon will speak with them when your surgery is done.
- You will be at the hospital for about 2 hours before surgery. The nurse will check your temperature, blood pressure, oxygen level, and heartbeat. Your nurse will start an IV in your arm and give you any medicine that you need.
- Sequential compression devices (SCDs) will be put on your legs to lower the risk of blood clots. They inflate and deflate to help with circulation.
- A blood thinning medicine will be given to you by injection. This will lower the risk of blood clots.
- An antibiotic medicine will be given by your IV to help prevent any infection.
- Your surgery will last about 1 to 2 hours. You will get medicine through your IV to make you sleep. A tube will be placed through your mouth into your lungs to help you breathe during surgery.
- Monitors will be placed on your body to check vital signs during surgery.
- You will spend some time in the recovery area as you wake up from surgery.

The Bariatric Unit

- Once you wake up from surgery, you will move to the bariatric unit in the hospital. The unit is designed to care for bariatric patients, and specially trained staff work there. You will have a private room. You will spend at least 1 night in the hospital.
- You may get extra oxygen through a small tube in your nose. Your heart rate and oxygen level will be checked often.
- An IV will be used to give you fluids until you are able to drink enough.
- You can have small sips of water with your medicines.
- If your lips are dry, use your lip balm to help moisten them as often as you need to.
- Let visitors know they cannot bring outside food into your room.



After Surgery

The bariatric surgical team will check on you each day during your hospital stay. They will look at your incisions, lab work, fluid intake, how much you go to the bathroom, how often you walk, and how much you use your incentive spirometer, and help manage pain. They will give you instructions for what to do at home.

An embolism, or blood clot, is a risk for any surgery. It is important to use your incentive spirometer, walk, and increase the amount of fluid you take in to prevent this.

Pain

Your nurse may ask you to rate your pain using a “pain rating scale.” Zero means no pain and 10 means the worst pain you can imagine.



You may feel pressure or pain in your upper abdomen or shoulder area. This is normal. Moving around, walking, and using mild heat (like a heating pad) can help.

You may find it more comfortable to sit up in a reclining chair. Talk to your nurse if you have problems with too much pain, nausea, side effects of medicines, anxiety, or other problems.

Incentive Spirometer and Coughing

Your safer surgery kit will come with an incentive spirometer that you should use for 2 weeks before surgery. Using an incentive spirometer and coughing will help clear your lungs after surgery. You must make sure to use your incentive spirometer while in the hospital.

How to use the incentive spirometer:

1. Sit up in a chair, sit on the edge of your bed, or sit up as much as you can in bed.
2. Hold the incentive spirometer upright.
3. Place the mouthpiece in your mouth and make a seal around it with your lips.
4. Breathe in as slowly and deeply as possible. While you do this, you will see the blue cylinder at the bottom of the column move up. Give it your best effort to raise the ball to the 1000 mark or higher.
5. Hold your breath as long as possible, or at least 3 seconds. Let the cylinder to fall to the bottom.
6. Move the blue indicator on the left side of the column to mark your best effort. Try to get the cylinder to the highest point during this repetition.
7. Rest, and then repeat 10 times.
8. Cough forcefully 2 or 3 times.



Do steps 1 to 8 every hour you are awake. You may continue to use your incentive spirometer for about 1 week after surgery.

Walking

Walking after surgery is one of the best things you can do to prevent problems. Walking will help you feel stronger, reduce constipation and gas pain, and lower your risk for blood clots and lung problems like pneumonia. You should get up 2 to 4 hours after you get to the bariatric unit. You will also walk every 1 to 2 hours while you are awake.

- Walking helps oxygen move through your body. It helps with muscle tone, and how well your stomach and bladder work. Walking helps blood flow and speeds up your recovery.
- You may feel dizzy or faint when first getting up, so move slowly. The nursing staff will help you dangle your legs at the bedside, move from the bed to the chair, and then walk slowly.
- Let your nurse know if you feel faint, dizzy, nauseated, or short of breath while walking.




Fluid Intake

At the hospital you will need to:

- Follow your bariatric clear liquid diet and drink 1 to 3 oz. each hour. A standard medicine cup holds about 1 oz.
- Keep track of how much you drink on your Fluid Intake and Walking Log.

Fluid Intake and Walking Log





































This is a sample of a fluid intake and walking chart. You will cross off a every time you finish a 1 oz cup of fluids. Cross off a  every time you walk.

The day of surgery

- Drink 1 oz. every hour.
- Walk 2 times every hour.

The day after surgery

- Drink 3 oz. every hour.
- Walk 2 times every hour.

Time	Fluid	Walk
	   	 
	   	 
	   	 
	   	 
	   	 
	   	 

Recovery at Home

Contact your surgical team right away if you:



- Cannot keep food or liquids down.
- Have more or new abdominal pain.
- Have a heart rate of more than 100 beats per minute.
- Have a temperature of 101°F or more.
- Have shortness of breath, chest pain, or feel out of breath after walking only a few steps.
- Have pain or swelling in your legs.
- Have signs of an incision infection:
 - Bad odor, redness, or tenderness around your incision.
 - Pus or bloody liquid draining out.
 - The incision looks like it is opening.
 - Unusual warmth or swelling around the incision.

Incision Care

- You will have 4 or 5 small incisions on your abdomen with glue that will flake off naturally on its own.
- The incisions may be painful to touch for the first 2 weeks.
- There may be bruising or redness around the incisions.
- Gently wash the incisions every day with a mild unscented soap and water, and gently pat dry. Do not rub the incisions.
- Do not take tub baths, use hot tubs or go swimming until the incisions are completely healed. This may take up to 1 month. Check with your surgery team at your first visit after surgery.

Pain After Surgery

- Pain after surgery is normal.
- **Do not wait until the pain is severe to take your pain medicine.**
- Acetaminophen (Tylenol®) is the best choice for pain control after surgery.
 - Follow the instructions that come with the medicine.
- Your doctor may give you a prescription for a small amount of narcotic pain medicine when you are discharged. You can use this if you feel like your pain is out of control.
 - Follow the instructions that come with the medicine.
 - You do not have to take this medicine if acetaminophen alone can control your pain.
- Take pain medicine on a schedule with food.
- Do not take NSAIDS (see examples on next page) for pain control.



Other Medicine

- Take only the medicine that your doctor tells you to take.
- See your primary doctor if you take medicine for a health problem such as diabetes or hypertension, because surgery or weight changes may affect what you take.
- Tell your primary doctor and pharmacist that you have a smaller, more sensitive stomach from bariatric surgery. It is best to take medicine that does not irritate the stomach lining.

Medicine to Avoid

It is very important to avoid some medicines after surgery. Certain medicine can irritate or damage your stomach. This section lists some, but not all, medicines to avoid after bariatric surgery. It is very important to read labels, look things up, talk with your pharmacist and check with your bariatric team before you take any new medicine, including prescriptions from your other doctor(s).

Medicine that Causes Weight Gain

If weight gain is a known side effect of a medicine you take, talk to your doctor to find out if you can take a different medicine instead.

Medicine that has Alcohol

Avoid Nyquil and other cough syrups or medicines that have alcohol in them.

Certain Antibiotics

Some antibiotics such as Erythromycin, Azithromycin, and Azolid cause stomach irritation. Your body may also have a hard time absorbing them after bariatric surgery. Do not take them if something else is available.

Non-Steroidal Anti-inflammatory Drugs (NSAIDs)

Do not take these medicines or medicines that have these listed as ingredients:

Advil®	Disalcid	Mobic	Percodan	Midol® 1B	Orudis
Aleve®	Dolobid	Motrin®	Ponstel	Daypro	Lodine
Amigesic	Excedrin® 1B	Nalfon	Relafen	Pamprin® 1B	Clinoril®
Anaprox	Feldene	Naprapac	Tab-profen	Oruvail	
Ansaid	Ibuprin	Naprelan®	Tanderil	Meclomen	
Arthrotec	Ibuprofen	Naprosyn	Tolectin	Combunox	
Cataflam	Indocin	Nuprin®	Toradol	Vicoprofen®	

Talk to your bariatric team if you take Celebrex® or Voltaren.

Osteoporosis Medicine

Do not take Fosamax and other bisphosphonates orally. Talk to your doctor about taking them through an IV.

Aspirin, Salicylates, and Salicylic Acids

Do not take these medicines or medicines that have these listed as ingredients.

Alka-Seltzer®	Ascriptin®	Equagesic
Anacin®	Bufferin®	Excedrin®
Aspirin	Pepto Bismol®	Micrainin

Daily Activity

You will be able to walk, move around, and take care of yourself as soon as you go home. You can do any activity that does not cause too much discomfort.

Do not do any heavy lifting, pushing, pulling or tugging after surgery.

- Do not lift anything over 15 pounds until 2 weeks after surgery.
- Do not lift anything over 25 pounds until 4 weeks after surgery.

If you had a hiatal hernia repair:

- Do not lift anything over 25 pounds until 6 weeks after surgery.

Exercise

Start exercising as soon as you go home. Slowly increase the total amount of exercise to 250 minutes per week or more. Record your exercise in your activity log and contact your exercise physiologist if you need help. Look back at the exercise section in your second bariatric surgery book for guidelines on getting started.

During the first 2 weeks:

Start with 10-minute walks 3 times per day and slowly move to 30 minutes of intentional exercise every day.

When you are ready:

Move to moderate intensity exercise for 3 to 4 days per week.

Return to Work and Daily Activity

Your surgeon will talk to you about going back to work and doing your normal activities. Everyone recovers differently. In most cases:

- You can return to work about 2 to 4 weeks after surgery.
- You can return to your normal activities, including sex, 2 to 4 weeks after surgery.
- You should not fly or take long car trips for at least 1 month after surgery.
- You can drive a vehicle when you feel ready if you are not taking an opioid.

Pregnancy

- Experts advise that you not get pregnant in the first 18 months after surgery.
- Do not begin birth control pills until 1 month after surgery.

Your Continued Care

Bariatric surgery is a new beginning. With good after care and moderate lifestyle changes, you can see long-term results in health and weight. After bariatric surgery you should:

- Schedule and keep appointments with your healthcare team to keep you on track for good outcomes. You will see someone from the bariatric team at 1 week, 2 weeks, and 1 month after surgery.
- You will also follow up with other bariatric team members on your own or in groups at 3 months, 6 months, 9 months, and 1 year after surgery.
- You will have blood work done at 6 months and 1 year to check on your vitamin and nutrition status.
- Talk to the bariatric surgery team about any surgical or nutrition problems or concerns.
- Support groups can help. These free groups are offered regularly. Visit

<https://www.henryford.com/services/weight-loss/bariatric-surgery/education>

or scan the QR code.



What to Eat After Surgery

You will need to follow a special diet for about a month after surgery.

- It is very important that you record your fluid intake as soon as you get home.
- Make sure you meet your protein and fluid goals even if you don't feel hungry or thirsty.
- Do not move on to the next diet before you are supposed to. This could cause problems because your stomach is still healing.
- Follow any other instructions your dietitian gives you.

Your Diet

1. Clear Liquid Diet with Protein Supplements: Days 1 through 6
2. Full Liquid Diet: Days 7 through 13
3. Pureed Diet: Days 14 through 20
4. Soft Diet: Days 21 through 34



What is dumping syndrome?

Dumping syndrome happens when food does not stay in the stomach for long enough. Instead it is dumped into the small intestine. This can make you feel weak, nauseous, or dizzy. You may also have a headache, turn red, or have diarrhea.

To avoid dumping:

- Do not drink liquids with your meals.
- Do not drink liquids 30 minutes after a meal.
- Do not eat or drink foods made with added sugar like juice and energy drinks.
- Avoid high-fat and greasy foods like sausage and fried foods.

If you had a sleeve gastrectomy you should not have dumping syndrome.

Clear Liquid Diet with Protein Supplements: Days 1 through 6

Only drink clear liquids and protein supplements during days 1 to 6 after surgery.

Goals

- Drink 48 to 64 oz. of fluid each day.
 - At least 32 oz. should be water.
 - Liquid protein supplements count as fluid.
- Sip drinks slowly.
- Take in 40 to 60 grams of protein per day.

Don't

- Use straws.
- Take in caffeine.
- Chew gum.
- Have tomatoes or tomato products.

Remember

- Begin protein supplements after you leave the hospital.
- If you notice gas pain:
 - Avoid fluids that are very hot or very cold for a couple of days.
 - Sip from a medicine cup to make sure you are only taking small sips.

Recommended Clear Liquids

- Water
- Low sodium broth or bouillon
 - Chicken, beef, bone, or vegetable
- Sugar-free Jell-O®
- Sugar-free ice pops
- Sugar-free drink mixes and flavored water
- Decaf coffee
- Decaf tea



Protein Supplement Recommendations

Use the guidelines below and the protein supplement list on the next page. Drink clear liquids only except for your protein supplements.

15-5-5 Rule

Follow the 15-5-5 rule with any protein supplement to avoid added calories. Make sure it has:

- At least 15 grams of protein per serving.
- No more than 5 grams of sugar per serving.
- No more than 5 grams of fat per serving.

Mix your Protein Supplements with:

- Water.
- Skim or 1% milk (has added protein).
- Unsweetened non-dairy milk (has added protein).
- Low-sugar or sugar-free beverage mix (10 calories or less per serving).



Suggested Protein Supplements

Clear Protein Supplements	Calories	Protein (g)	Sugar (g)	Protein Source	Protein g/oz
*Trimino® Protein Infused Flavored Water	28	7	0	Whey Isolate	0.4
*Isopure® Zero Carb, 20 oz	160	40	0	Whey Isolate	2.0
*Isopure®, 16 oz	80	20	0	Whey Isolate	1.25
*Protein ₂ O®, 16.9 oz	60	15	0	Whey Isolate	0.89
*Premier Clear®, 16.9 oz	90	20	0	Whey Isolate	1.18
*BiPro®, 16.9 oz	90	20	0	Whey Isolate	1.18
*Cocotein® Coconut Water, 16 oz	100	20	5	Whey Isolate	1.25
*TrueSource® Protein Water, 16 oz	80	20	0	Whey Isolate	1.25
*About Time Pro Hydrate®, 1 scoop	70	10	5	Whey Isolate	n/a

*Lactose Free

Protein Shakes	Calories	Protein (g)	Sugar (g)	Protein Source	Protein (g per oz)
Premier Protein®, 11oz	160	30	1	Milk	2.7
Orgain® Clean Protein Grass Fed, 11oz	140	20	4	Milk	1.8
*Ensure® Max Protein, 11oz	150	30	1	Milk	2.7
Glucerna Hunger Smart®, 10oz	180	15	6	Milk	1.5
Boost Glucose Control®, 8oz	190	16	4	Milk	2.0
Boost® Max, 11oz	160	30	1	Milk	2.7
Muscle Milk® Pro Series, 11oz	160	32	1	Milk	2.9
Equate® High Performance, 11oz	160	30	1	Milk	2.7
*Fairlife Core Power®, 14oz	170	26	5 – 7	Milk	1.86
*GNC® Lean shake 25, 14oz	180	25	3	Milk	1.79
Pure Protein®, 11oz	140	30	1	Milk	2.7
Unjury®, 8.5 oz	110	20	2	Milk	2.4
*Orgain® Organic Vegan Protein, 14oz	150	21	0	Pea	1.5
*Aloha® Vegan, 11oz	160	18	5	Pea/brown rice	1.6

*Lactose Free

Protein Powders	Calories	Protein (g)	Sugar (g)	Protein Source
*About Time®, 1 scoop	110	25	1	Whey Isolate
Unjury®, 1 scoop	90	21	0	Whey Isolate
*Bariatric Advantage®, 2 scoops	100	20	1	Whey Isolate
Isopure® Zero Carb, 1 scoop	105	25	0	Whey Isolate
*Jay Robb® unflavored, 1 scoop	120	24	0	Egg White
*Orgain® Organic, 1 scoop	150	21	1	Brown Rice, Hemp, Chia, Pea
*Syntrax® Nectar, 1 scoop	100	24	0	Whey Isolate
Premier Protein®, 1 scoop	180	30	3	Whey
Quest®, 1 scoop	100	20	0	Milk Whey Isolate
Vega® Clean, 1 scoop	130	25	2	Pea, Hemp, Pumpkin, Alfalfa
*Aloha® Organic, 2 scoops	150	18	4	Pea, Pumpkin & Hemp seed

*Lactose Free

Full Liquid Diet: Days 7 to 13

During days 7 to 13 you will add full liquids to your diet.

Goals

- Take in at least 64 oz of fluid each day.
 - At least 32 oz. should be water.
 - Liquid protein supplements count as fluid.
- Take in 60 to 80 grams of protein each day.
- Constantly sip or drink throughout the day, or at least every 10 to 15 minutes.

Don't

- Use straws.
- Take in caffeine.
- Chew gum.
- Have tomatoes or tomato products.

Things to Remember

- Thicker drinks will cause you to feel full sooner. Pay attention to this full feeling, also called fullness cue.
- Talk with your dietitian about taking vitamin and mineral supplements.
 - This is often done at your first appointment after surgery.

Recommended Foods and Drinks

Dairy

- Skim or 1% milk
- Soy milk, almond milk, or other milk alternatives that are light or unsweetened
- Greek yogurt or high protein yogurt
- Low-fat ricotta cheese
- Low fat and low sodium, small curd cottage cheese

Other

- Protein powders, drinks, or mixes
- Sugar-free pudding
- Sugar-free or no-sugar-added fudge pops
- Cream soup
 - Blend the soup until smooth or strain using a plastic strainer
- Cooked cereals made thin
 - Plain instant oatmeal, low sugar flavored instant oatmeal
 - Cream of wheat
 - Grits
- Unsweetened applesauce



Pureed Diet: Days 14 through 20

A pureed diet is made up of foods that do not need much chewing. You can blend, whip, or mash cooked foods until they are a lump-free, pureed texture.

Goals

- Take in at least 64 oz. of fluid each day.
 - At least 32 oz. should be water.
 - Liquid protein supplements count as fluid.
- Sip drinks slowly.
- Take in 60 to 80 grams of protein each day.

Don't

- Use straws.
- Take in caffeine.
- Chew gum.
- Have tomatoes or tomato products.

Remember

- Pay attention to feeling full or fullness cues.
- Thicker foods will cause you to feel full sooner.
- Use a blender or food processor to get the right thickness.
- Add liquids like broth, milk, or water to get a smoother texture.
- Take 15 to 30 minutes to eat each meal.
- Set your utensil down between each bite and check on fullness cues.
- Aim to have a meal or snack every 2 to 3 hours.
- Focus on high protein foods first, then add pureed, non-starchy vegetables.
- Chew your food thoroughly!



Recommendations for Pureed Diet

Protein

Cooked and pureed red meat
Cooked and pureed skinless poultry and fish
Pureed beans (like hummus) and fat-free refried beans
Non-pureed scrambled eggs
Non-pureed tuna or egg salad

- Make with non-fat Greek yogurt, fat-free mayo
- You can add pureed cooked vegetables

Grains

Oatmeal
Cream of wheat
Grits

Vegetables

Cooked, tender, pureed vegetables

Fruits

All soft, drained pureed fruits
Can be canned and cooked fruits
Remove skin

Dairy

Greek or high protein yogurt
Low fat and low sodium, small curd cottage cheese
Low fat and low sodium, ricotta cheese

Other

Pureed soups
Protein smoothies

Sample Meal Plan

8:00 am Scrambled egg
10:00 am High protein yogurt (3 to 5oz.)
12:00 pm Tuna salad with non-fat Greek yogurt and pureed carrots
2:00 pm Low fat or non-fat cottage cheese
5:00 pm Chicken salad with fat free mayo and pureed green beans
7:00 pm Protein shake smoothie

Soft Diet: Days 21 through 34

A soft diet means foods that are easy to chew because they are chopped, ground, and have a tender texture.

Goals

- Take in at least 64 oz. of fluid each day.
 - At least 32 oz. should be water.
 - Liquid protein supplements count as fluid.
- Aim for 60 to 80 grams of protein each day.

Remember

- Wait 30 minutes after a meal before you drink.
- It is okay to take small sips during a meal.
- Pay attention to fullness cues.
- Thicker, more solid foods will cause you to feel full longer.
- Use a slow cooker or pressure cooker to cook foods to a tender and moist consistency.
- Take 15 to 30 minutes to eat each meal.
- Set your utensils down between each bite and check on fullness cues.
- Aim to have a meal or snack every 2-3 hours.
- Focus on high protein foods first, then soft, non-starchy vegetables.
- Be sure to chew your food thoroughly!

Don't

- Use straws.
- Take in caffeine.
- Chew gum.
- Have tomatoes or tomato products.
- Eat fried food
- Add butter or margarine
- Eat chips of any kind
- Use regular mayonnaise or Miracle Whip
- Eat fruits and vegetables raw
- Eat rice, bread, pasta, cereal, granola, or crackers



Recommended Foods for Soft Diet

Protein
Whole beans and lentils
Protein drinks and powders
Moist pulled chicken that is not tough or dry
Scrambled or hard-boiled eggs
Smooth nut butters (NOT crunchy)
Low fat and low sodium lunchmeats like turkey or chicken <ul style="list-style-type: none">Avoid high fat and high sodium processed meats like sausage, bacon, hot dogs, kielbasa
93% lean ground turkey or chicken
Canned meat and fish packed in water (NOT oil)
Soft, flaky fish or shellfish
Pork tenderloin (NOT pork chops)
Soy protein such as tofu or tempeh
Bean or veggie burgers
Ground beef that is at least 92% lean.
Grains
Oatmeal
Cream of wheat
Malt-O-Meal
Grits
Vegetables
Cooked and pureed vegetables
Ripe avocado
Canned vegetables without skins, seeds, or hulls
Fruits
Canned fruit in 100% juice
Cooked soft fruits without skin, seeds, or membranes
Dairy
Low fat and low sodium cheese
Skim milk
Any fortified, unsweetened milk substitute
Low fat Greek or high protein yogurt without added sugar

Sample Soft Diet Meal Plan

- 8:00 am** Oatmeal with 1 scoop protein powder
- 10:00 am** Hardboiled egg and canned fruit
- 12:00 pm** Baked cod fish with steamed green beans
- 2:00 pm** Low-fat cottage cheese with unsweetened applesauce and a sprinkle of cinnamon
- 5:00 pm** Shredded chicken (prepared in slow cooker) + carrots (prepared in slow cooker)
- 7:00 pm** Banana + smooth peanut butter

Transitioning to Regular Foods

Your dietitian will tell you when to add certain foods back into your diet after surgery. Your goal is to eat 1,000 to 1,200 calories per day and 60 to 80 g of protein each day.

Non-Starchy Vegetables			
Foods to Enjoy			Foods to Avoid
Artichokes	Brussels Sprouts	Arugula	Fried vegetables
Asparagus	Cabbage (green, purple, bok choy, Chinese)	Celery	Watch out for high calorie sauces and dressings
Bean sprouts	Carrots	Coleslaw	
Beets	Collard greens	Cucumbers	
Broccoli	Endive	Eggplant	
Cauliflower	Mustard greens	Escarole	
Chicory	Okra	Iceberg	
Kale	Pea pods	Radicchio	
Peppers	Swiss chard	Romaine	
Radishes	Tomatoes	Sauerkraut	
Rhubarb	Turnip greens	Squash	
Spinach	Turnips	(summer, zucchini, crookneck)	
String beans (green, yellow, wax, Italian)		Watercress	
Water Chestnuts			

Red Meat	
Foods to Enjoy	Foods to Avoid
92% lean ground beef	Bacon and Sausage
Canadian bacon	Beef Brisket
Center cut pork loin	Bologna
Filet mignon	Deep fried meats
Ham	Fatty processed or prepared meats
Jerky	Hot Dogs
Pork chops (fat trimmed)	Kielbasa
Round or flank steak	Prime Rib
Sirloin	Ribs
Tenderloin	Salami
	Sausages

Seafood	
Foods to Enjoy	Foods to Avoid
Fish and shellfish - baked, grilled or broiled	Deep fried fish or shellfish
Canned tuna in water	Tuna packed in oil
Canned salmon	

Poultry		
Foods to Enjoy		Foods to Avoid
Skinless chicken or turkey Eggs Egg beaters Egg whites Skinless pheasant	Quail Cornish hen Natural deli turkey or chicken Natural turkey bacon Duck	Deep fried poultry Poultry skin

Fruit			
Foods to Enjoy			Foods to Avoid
Berries Cherries Prunes Pears Peaches	Dates Apples Bananas Mangos	Plums Grapes Melons Apricots	Canned fruit in syrup Frozen fruit with syrup or added sugar Canned pie filling Fruit cocktail

Beans		
Foods to Enjoy		Foods to Avoid
Pinto beans Adzuki beans Navy beans Cannellini or Great Northern beans Lima beans	Black beans Kidney beans Chickpeas Hummus Low-fat refried beans	Refried beans in lard or fat

Starches	
Foods to Enjoy	Foods to Avoid
Whole grains: oats, brown rice, wild rice, quinoa, farro, barley Low or no sugar added oatmeal High-fiber cereals Starchy vegetables: potatoes, sweet potatoes, corn, peas, winter squash Whole grain bread, tortillas, wraps and crackers Watch portion sizes of grains/starches	Pastries: donuts, bagels, croissants, muffins, Danish, biscuits, pancakes, cookies, cakes Chips Pretzels All white and most wheat breads High-sugar cereals and oatmeal

Soy		
Foods to Enjoy		Foods to Avoid
Edamame Tempeh	Soy Nuts Tofu	

Dairy	
Foods to Enjoy	Foods to Avoid
Skim/Non-Fat, ½% and 1% Milk No sugar added Yogurt Low or Non-Fat Cottage Cheese Non- or Low-Fat Cheese Powdered Low Fat Milk	Whole Milk Full Fat Dairy Ice Cream Yogurt with added Sugar

Fats – Small Amounts		
Foods to Enjoy		Foods to Avoid
Raw almonds	Hemp	Trans-fat and hydrogenated oils and margarines Crisco/shortening Full fat mayo
Pistachios	Flax	
Walnuts	Sunflower seeds	
Cashews	Natural nut and seed butters	
Pumpkin	Avocados	
Chia	Avocado oil	
Light mayo	Guacamole	
Natural or raw peanut butter	Extra virgin olive oil	
Plant-based margarine	Olives	

Desserts	
Food to Enjoy	Foods to Avoid
Sugar-free gelatin or pudding Fresh fruit with low-fat whipped topping Homemade smoothies	Pastries, cookies, cakes, etc. Ice cream

Beverages	
Food to Enjoy	Foods to Avoid
Water Herbal tea Sugar-free flavor additives Sugar-free juice or lemonade No-sugar-added non-dairy milk: soy, oat, almond, cashew, etc.	Regular juice, lemonade, Kool-Aid, etc. Drinks with alcohol Drinks with caffeine Whole and 2% milk All soft drinks or pop

Condiments	
Food to Enjoy	Foods to Avoid
Relish Mustard Light salad dressings and vinaigrettes Salsa Low-fat/low-sugar condiments	Full-fat mayo or dressings High-sugar barbecue sauce Ketchup

Regular Foods Sample Meal Plan

This sample meal plan can be used once you have moved on to regular foods.

Breakfast	2 eggs + diced mixed vegetables + diced ham + 1TBS fat-free cheese to make small omelet
Snack	1/4 cup cottage cheese + 1/4 cup fruit
Lunch	Baked stuffed tomato containing 2 oz tuna salad + 1/2 cup veggies
Snack	1 cheese stick
Dinner	1-2 oz salsa + 2-3 oz shredded chicken + 1/4 cup beans + 1/4 cup veggies

Breakfast	1/2 cup low-fat cottage cheese + 1/4 cup soft peaches
Snack	4 oz protein supplement
Lunch	3 oz baked cod fillet + 1/2 cup squash
Snack	1/2 apple + 1 Tbsp peanut butter
Dinner	1 soy burger with lettuce, tomato, onion + 1/2 cup broccoli

Breakfast	2 scrambled eggs + 1/2 whole wheat English muffin
Snack	4 oz protein supplement
Lunch	3 oz chopped lean beef + 1/2 cup baked cinnamon apples
Snack	Non-fat Greek Yogurt
Dinner	1/2 cup tuna/broccoli casserole + 1/2 cup sliced cucumbers

Breakfast	1/2 cup cooked oatmeal made with skim milk + 1/4-1/2 cup light Greek yogurt
Snack	1 cheese stick
Lunch	3 oz baked salmon + 2 Tbsp teriyaki sauce + 1/4 cup green beans + 1/4 cup wild rice
Snack	1 egg + 1/2 cup fruit
Dinner	3/4 cup beef stew + 1/4 cup steamed cauliflower

Breakfast	2 eggs scrambled + 1/2 cup berries
Snack	4 oz protein supplement
Lunch	2 oz chicken salad made with light mayo + 4-5 Triscuit crackers + 1/4 cup blueberries
Snack	4 oz protein supplement
Dinner	3 oz lemon pepper tilapia + 1/2 cup green beans

Breakfast	One hard-boiled egg + 2 slices Canadian bacon + 1/2 cup canned mandarin oranges
Snack	Non-fat Greek yogurt
Lunch	1 cup chili made with lean hamburger + 2 whole grain crackers
Snack	4 oz protein supplement
Dinner	3 oz turkey burger + 1/2 cup salad

Breakfast	6 oz light Greek yogurt mixed with 1/4 cup raspberries + 2 Tbsp granola sprinkled on top
Snack	2 Tbsp hummus + 1/2 cup vegetables
Lunch	2-3 oz sloppy joe hamburger + 1/2 cup grilled herb seasoned peppers
Snack	1/4 cup cottage cheese + 1/4 cup fruit
Dinner	3 oz salmon + 1/4 cup mashed cauliflower + 1/4 cup asparagus

Vitamin and Mineral Recommendations

You will need to take the vitamins and minerals listed in this chart every day after bariatric surgery.

Calcium citrate	1200 to 1500 mg split into 2 to 3 doses <ul style="list-style-type: none"> Your body can only absorb 500-600 mg at one time
Multivitamin	1 to 4 doses each day depending on brand <ul style="list-style-type: none"> With at least 18 mg of iron
Vitamin B12	500 mcg each day if not included in your multivitamin
Ferrous sulfate (iron)	325 mg with 65 mg iron each day if not included in your multivitamin
Vitamin D	50,000 IU once a week (if needed)

Vitamin Schedule Example

Morning 1 Bariatric Multivitamin (B-12 and Iron included)

Lunch 500-600 mg Calcium Citrate
50,000 IU Vitamin D3 weekly (if needed)

Afternoon 1 Bariatric Multivitamin (B-12 and Iron included)

Dinner 500-600 mg Calcium Citrate

Calcium Citrate Supplements

- Make sure you take **calcium citrate**. Do not take calcium carbonate.
- Take 500 to 600 mg per dose, 2 to 3 times daily.
- Wait at least 2 hours between doses.
- Do not take calcium and iron together.

Brands	Daily Dose
Bariatric Advantage Soft Chews	2-3 soft chews
Bariatric Advantage Capsules	6 capsules
Bariatric Fusion	2-3 soft chews
Celebrate Soft Chews	2-3 soft chews
Celebrate Capsules	6 capsules
Citracal Maximum Caplets	4 tablets
Citracal Petites	6 tablets
Meijer Calcium Citrate	4 tablets
Meijer Calcium Citrate Petites	6 tablets
Meijer Natural Calcium Citrate	4 tablets
Nature's Way	5 tablets
Puritan's Pride Calcium, Magnesium with Vitamin D3 (liquid)	2 Tablespoons
Wellesse Liquid Calcium & Vitamin D	2 Tablespoons

Multivitamin Supplements

- If you choose a Bariatric specific vitamin **with iron**, you do not need additional Iron or B-12.
- If you choose a Bariatric specific vitamin **without iron**, you do not need additional B-12, but you need additional iron.
- Bariatric specific brands include: Celebrate, Bariatric Advantage, Bariatric Pal, and others.
- Do not take calcium with iron or with your multivitamin.
- Do not take gummy multivitamins.
- If you have anemia or still have a menstrual cycle, take 45 mg of iron every day.
- Take your multivitamin later in the day or at bedtime if it upsets your stomach.

Multivitamin	
Brand	Daily Dose
Alive Women's Energy	2
Centrum Women's Multivitamin	2
Centrum Adults Multivitamin	2
Nature's Bounty Women's Multi	2
Nature Made Multi For Her	2

Bariatric Multivitamins	
Brand	Daily Dose
Celebrate Multi-Complete 45	3
Bariatric Advantage Ultra Solo with Iron	1
Bariatric Advantage Advanced Multivitamin EA	2
Opurity Bypass and Sleeve Optimized	1
Opurity Sleeve and Bypass Multivitamin	2
Bariatric Pal Multivitamin ONE	1
Bariatric Fusion Multivitamin Capsule with Iron	1
Bariatric Multivitamins with 45 mg iron – ProCare Health	1
NATURELO Bariatric Multivitamin One Daily with 45 mg Iron	1
Optisource Post Bariatric Surgery Chewable Vitamin	4

Weight-loss Plateau

Weight-loss plateau is when you don't lose weight even though you eat and exercise the same way you were while losing weight before. Many things can affect the way you lose weight after bariatric surgery. To move past the plateau, you may need to make a few small changes to your diet and lifestyle.

Your metabolism needs time to adjust to hormonal changes and new calorie intake. There will be times when your body must get used to new habits and weight, which can be frustrating and confusing.

Am I really on a plateau?

You may be changing shape and building muscle if you work out regularly. Use your clothes, belt, and waist measurements as other ways to track progress. How you feel is very important. Do you feel healthier, more confident, and have more energy? Are you making food choices that support your health and well-being?

Do I need more protein?

Remember to focus on lean protein first at meals and snacks. Make sure you are getting 60 to 80 grams of protein each day. Protein is needed to form muscle and helps you feel full longer.

Am I eating nutritionally dense foods?

After surgery, it can be unpleasant at first to eat solid foods. Sometimes people end up eating things that are semi-solid or liquid because they taste better. Some of these foods lack nutrition and can be high in calories, such as cream soups, ice cream, mashed potatoes and shakes. Soft foods are less filling so you will be hungry in a few hours. Change up your diet to focus on lean protein and non-starchy vegetables.

Am I off track?

Make sure you are eating enough calories and not going over or under your calorie goals. Your goal at 6 months after surgery is about 1,000 to 1,200 calories every day. Keeping track of what you eat helps you know your true eating habits and can get you back on track. Be sure to measure or weigh your portions as much as possible. A digital food scale can be helpful.

What about my exercise routine?

The exercises you have been doing that were hard early on are probably easier or maybe even boring now. It may be time to change your exercise routine. Add strength training to help build muscle that burns fat better to help you get to your weight loss goals. You can also increase exercise intensity, length, or just try something new.

Am I getting enough sleep and managing my stress?

Not getting enough restful sleep is related to weight gain. Aim for 7 to 8 hours of sleep every night. Try moments of deep breathing or meditation to decrease stress during the day.

Should I join a bariatric surgery support group?

The Henry Ford Bariatric Surgery Program offers multiple free support groups each month. Visit <https://www.henryford.com/services/weight-loss/bariatric-surgery/education> or scan the QR code.



