

## 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><b>1. Clear Liquid Diet- Day Before, Day of and Day after surgery</b></p> <ul style="list-style-type: none"> <li>• Broth</li> <li>• Water or ice chips</li> <li>• Diluted, clear 100% juice (1/4 cup juice, 3/4 water)</li> <li>• Sugar-free Jell-O</li> <li>• Sugar-free popsicles</li> <li>• Propel</li> <li>• Gatorade ZERO</li> <li>• Crystal lite</li> <li>• Herbal Teas</li> </ul>	<p><b>2. Full Liquid Diet - Begin Day 2 after surgery</b></p> <ul style="list-style-type: none"> <li>• <b>3 protein shakes daily</b> <ul style="list-style-type: none"> <li>○ 4-6 oz. protein shake in each sitting (about 1/2 shake)</li> <li>○ Protein shakes should be:           <ul style="list-style-type: none"> <li>▪ 100-200 calories</li> <li>▪ &gt;20 g protein</li> <li>▪ &lt;15 g carbohydrates</li> <li>▪ &lt;10 g sugar</li> </ul> </li> <li>○ Whey protein isolate or vegan shakes for lactose intolerance</li> </ul> </li> <li>• Goal <b>80-100 grams protein</b> per day, as tolerated</li> <li>• <b>Start multivitamin + B complex</b> (or bariatric multivitamin)           <ul style="list-style-type: none"> <li>○ <b>Please note:</b> you may be nauseated for the first 3-4 weeks after surgery when taking vitamins. Take it with food. If it continues, try <a href="#">vitamin patches</a> (found on PatchMd.com) for the first few months.</li> </ul> </li> <li>• Drink slowly- work up to <b>64 oz. fluids daily</b> <ul style="list-style-type: none"> <li>○ Water, herbal tea, Propel, Gatorade ZERO, broth</li> <li>○ Fluid goal does not include protein shakes</li> </ul> </li> </ul>
<p><b>3. Soft Foods Diet - Day 22 - Day 43</b></p> <ul style="list-style-type: none"> <li>• <b>80-100 g protein, 64 oz. fluid daily</b> as tolerated</li> <li>• Continue multivitamin</li> <li>• Eat soft proteins first (no beef), then soft non-starchy vegetables and/or fruits</li> <li>• No grains (rice, noodles, bread, oatmeal, etc.)</li> <li>• Do <b>NOT</b> eat and drink at the same time</li> <li>• Eat and slip slowly to prevent nausea</li> </ul>	<p><b>4. Regular Texture Diet - Begin Day 44 after surgery</b></p> <ul style="list-style-type: none"> <li>• Goal of <b>800-1200 calories, 80-100 grams protein/day</b></li> <li>• 64 ounces of fluid per day           <ul style="list-style-type: none"> <li>○ <b>No liquids 15 minutes before meals and 30 minutes afterwards</b></li> </ul> </li> <li>• Portion control 1/2 cup food per snack and 3/4 cup of food per meal</li> <li>• Introduce one new food item at a time</li> <li>• Eat slowly, take 20-30 minutes for each meal</li> <li>• Stop eating at the first sign of fullness</li> <li>• Continue protein supplements as needed</li> </ul>

## 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](mailto: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](mailto:UCLABariatrics@mednet.ucla.edu)