

Long Term Post Op Guidelines

Fluid Guidelines:

- Hydration is vital for continuous improvement in energy level immediately postop and optimal weight loss.
- Daily minimum goal is **96 oz** hydrating fluids. Hydrating fluids = <15 calories, decaf, and non-carbonated beverages.
- **No fluids with meals and for at least 60 minutes after eating.**
- If you have to choose between fluids and food, choose fluids first!
- Caffeine intake (can be added **after** 4 weeks postop):
 - Non-carbonated caffeinated beverages can be consumed in small amounts once you are able to drink the minimum fluids requirements.
 - **Limit to 24 oz per day.**

Eating Guidelines:

- Eat 3 meals per day; no snacking.
- Take small bites (size of a pinto bean) and chew well.
- Pause between bites and eat slowly (20-30 minutes per meal).
- Practice conscious eating. When eating, identify first sign of fullness and stop to prevent overeating.
- Hunger may be sporadic – eat 3 meals per day regardless of hunger.
- Do not be concerned with how much/little you are eating at this point. Intake varies greatly.
- No need to count calories or grams of protein.
- Food intolerances are common after weight loss surgery. Try not to get discouraged!
- Feel free to use sugar substitutes (i.e. Splenda®, Truvia®, Nectresse®, Nutrasweet®, Equal®, SweetnLow®).
- Be mindful of condiment use – these will make your foods softer, which may cause them to empty out of your pouch faster. This can lead to hunger/grazing between meals. A **small** amount of low sugar condiments may be used – mayo, mustard, salad dressings, horseradish, garlic, lemon/lime juice, marinara sauce, low sugar ketchup & bbq sauce.
- Try flavoring your food with herbs, dry rubs, spices & marinades instead of condiments.