

# Post-Operative Diet Plan

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Your diet after surgery is designed to allow your stomach time to heal, prevent disruption or obstruction, reduce caloric intake, and help develop appropriate eating habits. Following your surgery, the post-operative diet plan is divided into four phases: Full Liquid, Pureed, Fork Tender “Soft,” and Regular.

## Quick Reference Guide for Gastric Bypass/Sleeve Gastrectomy

Stage One/Full Liquid: (1<sup>st</sup> 2 weeks after surgery)

- Full liquid diet
- Protein supplements
- 64 ounces of fluid

**\*Hydration and Protein are your two main dietary concerns at this stage!**

Stage Two/Pureed: (week 2-4 after surgery)

- Pureed foods (no chunks/lumps/seeds) with protein
- Protein supplements
- 64 ounces of fluid

Stage Three/Fork Tender/Fork Flaky: (week 4 - 6 months after surgery)

- Soft foods (fork tender)
- Meat introduction (chew thoroughly)
- 64 ounces of fluid

Stage Four/Regular: (starting at 6 months after surgery)

- Regular diet
- ½ cup to 1 cup per meal x 6 meals per day
- 64 ounces of fluid
- May add raw fruits/vegetables slowly

**\*Remember to keep fluids with you at all times so that you can sip throughout the day!\***

Some patients may experience nausea and/or vomiting. The most common causes of vomiting following bariatric surgery are the **4 T's**:

- **Timing**: Eating Too Fast
- **Technique**: Drinking Fluids While Eating
- **Texture**: Not Thoroughly Chewing Foods or Need To Eat Softer Foods
- **Too Much**: Eating Too Much