BODY BY

BARIATRICS

SURGICAL WEIGHT LOSS

Bariatric Surgery Success Guide



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BE TRANSFORMED

Congratulations!

You are embarking on the most exciting and challenging ride of your life! The bariatric journey has literal highs and lows. We are thrilled and honored you have chosen us to care for you. We don't take that responsibility lightly.

If you're feeling emotional, scared, exhilarated and everything in between - you're normal. We want you to feel supported, encouraged, prepared.

Please read this Success Guide in its entirety...then read it again.

Here we go!

XOXO,

BodyByBariatrics

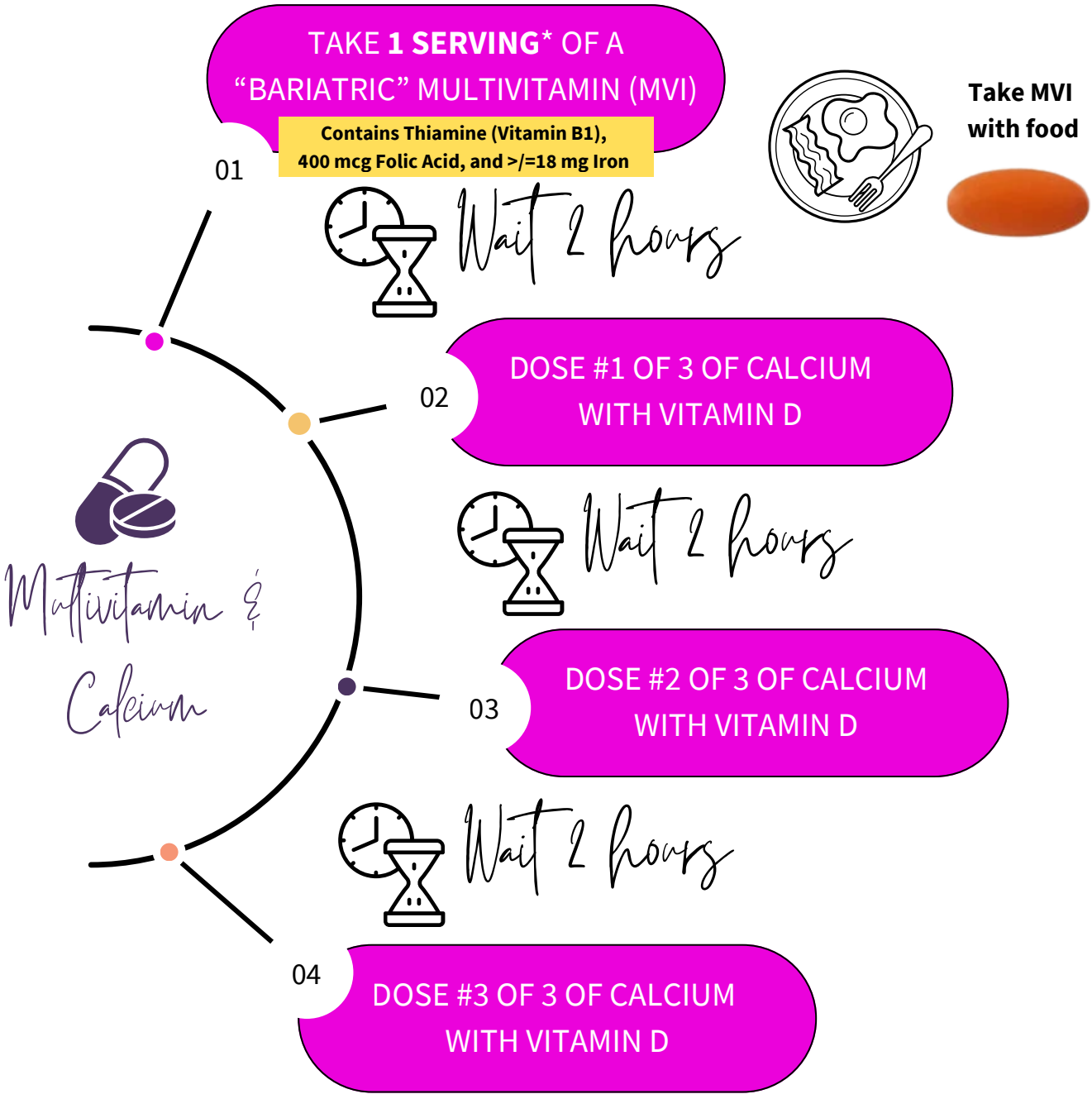
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Multivitamin & Calcium

Take your Vitamin & Mineral Supplements for Life!

Start the day after your surgery



If you are taking a **non-bariatric** vitamin (i.e., Flintstone Complete, Nature Made, Centrum, etc.), you will need to take **2 servings.** Bariatric vitamins are STRONGLY recommended.

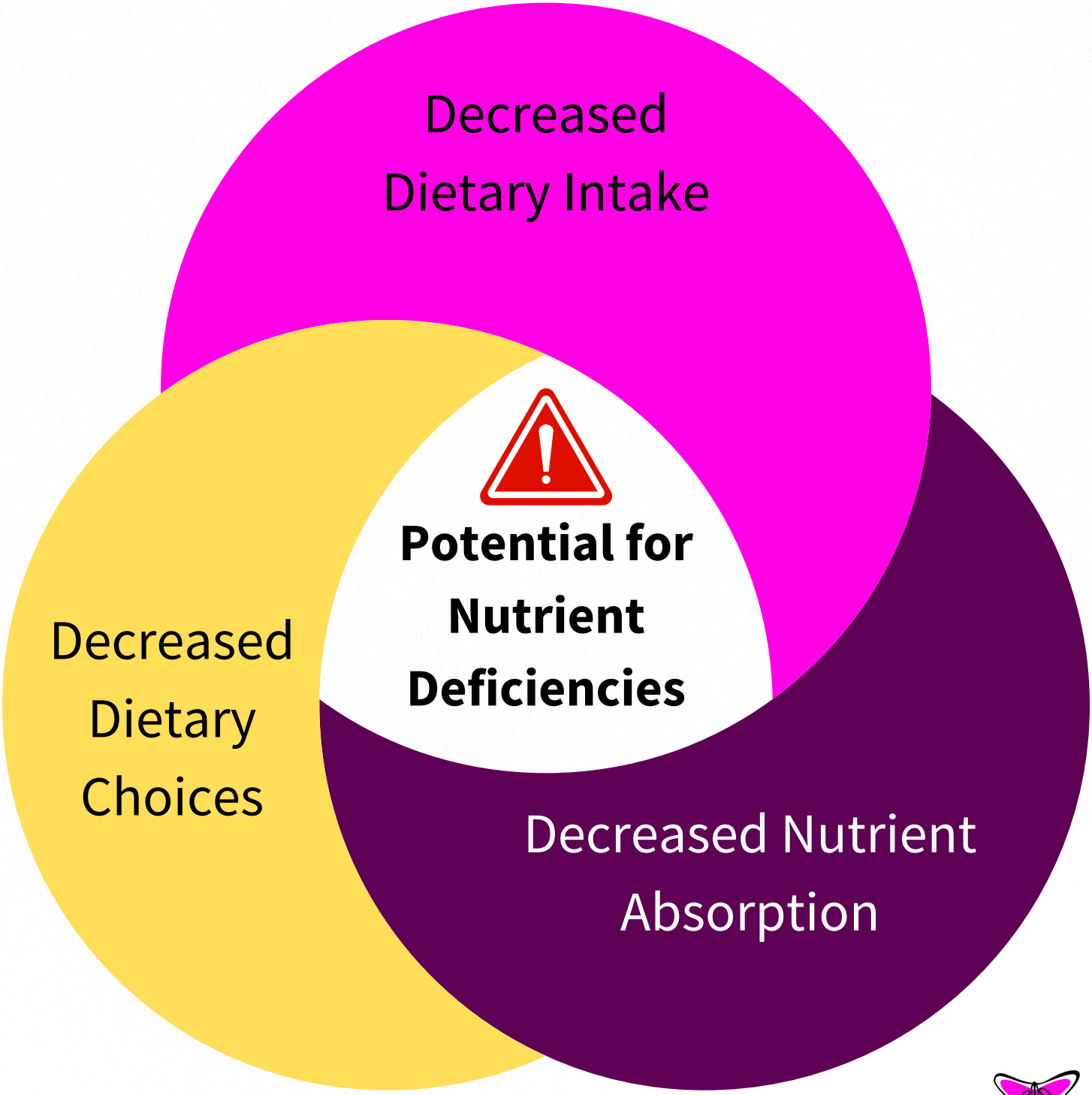


If your Calcium is not from BodyByNutrition, make sure it is **Calcium Citrate**

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Importance of Vitamins

Taking your vitamin and mineral supplementation is an important **life-long** aspect of bariatric surgery. Deficiencies do not show up over night and you may even feel "just fine", but they can cause serious health issues.



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BodyByNutrition

Choose One Multivitamin



Bariatric Multivitamin with 45 mg Iron
30 Coated Tablets



Bariatric Multivitamin with 18mg Iron
30 Chewable Tablets

Choose One Calcium



Calcium Soft Chew | Dessert Mix
90 Soft Chews



Calcium Soft Chew | Fruity Mix
90 Soft Chews

CLICK HERE TO PURCHASE

Tips For Adherence

PAIR YOUR VITAMINS WITH ANOTHER HABIT

USE TIMERS, ALARMS AND APPS (BARITASTIC) TO SET REMINDERS

USE PILL CONTAINERS FOR THE ENTIRE WEEK

KEEP YOUR SUPPLEMENTS IN SIGHT AND IN MIND

CHOOSE A TYPE THAT YOU ENJOY & TOLERATE

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Pre-Op Timeline

You Are Here!

Final Consultation

- Group Session
  - Review Bariatric Surgery Success Guide
- Review Medications
- Confirm Surgery
- Get Surgery Date!

Make Payments

- If using insurance, we will submit for prior authorization approval
  - Make out-of-pocket expense payment (i.e., co-pay, deductible)
- If self-pay, set up payments with our team
- Financing available

Complete Pre-Op Medical Clearance

(*must be done within 30 days of procedure*)

1. Labs
   - CBC with differential
   - CMP
   - HbA1C
2. History & Physical*
3. EKG*

*not required for all patients

We will work with you to get this set up!

Pre-Op Diet

- Starting NOW!
  - Starch Free - limit NET carbs < 50 grams/day
- 2 days prior to surgery
  - Sugar Free **Clear** Liquids ONLY
- *Nothing to eat or drink the day of surgery!*

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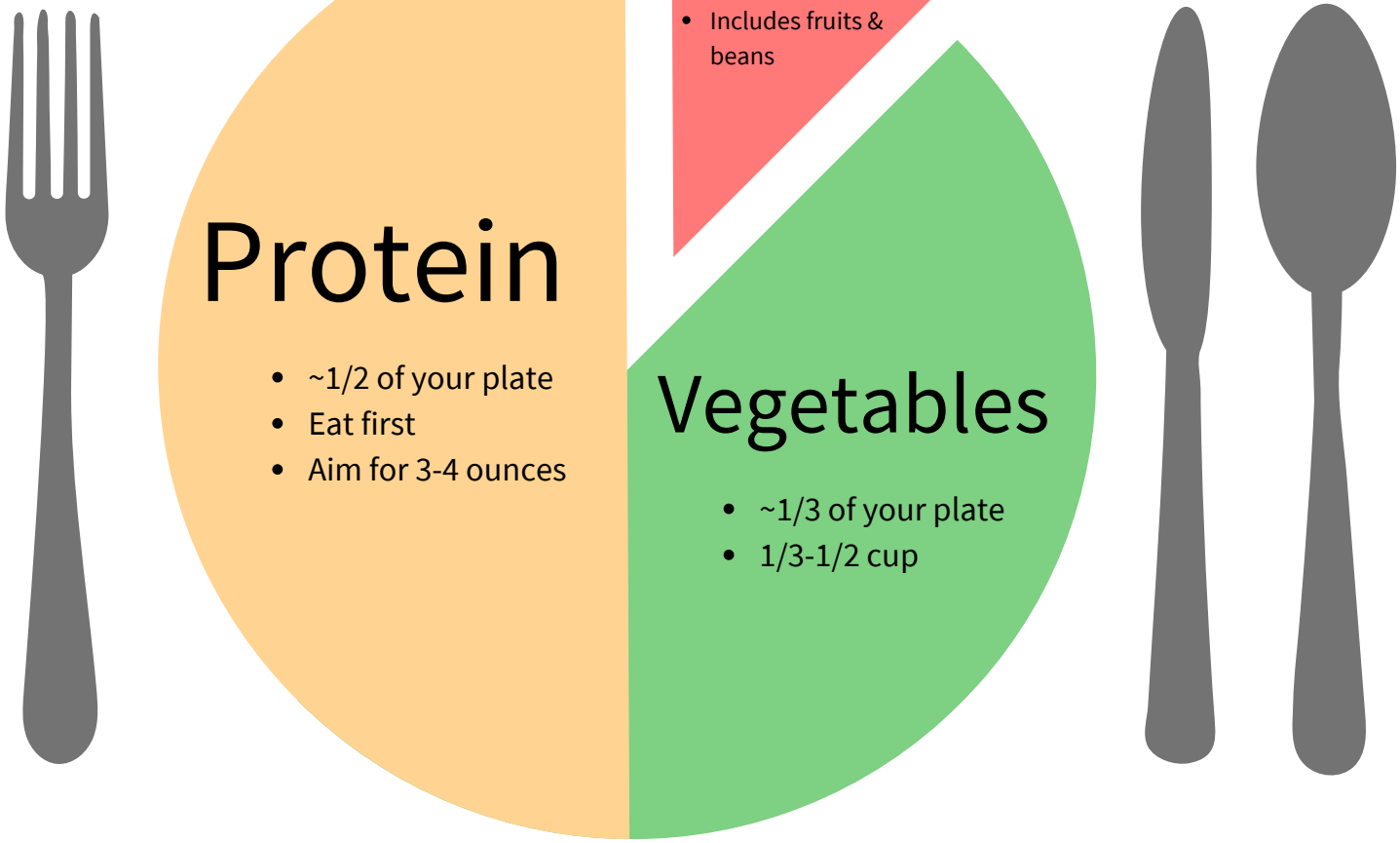
Pre-Op Diet

A starch free/low carbohydrate diet will allow you to be best prepared for surgery by:

- Learning habits that will carry you after surgery
- Reducing the size of your liver
- Potentially causing some pre-op weight loss

Fluids

- Aim for at least 64 ounces/day
- Choose sugar free options



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Your diet should include:

Proteins

- Beef
- Cheese
- Chicken
- Cottage Cheese
- Deli Meats
- Edamame
- Eggs
- Fish
- Jerky
- Plant-based meat substitutes
- Pork
- Protein Bars
- Protein Shakes
- Seafood
- Seitan
- Tempeh
- Tofu
- TVP
- Yogurt

Non-Starchy Vegetables*

- Artichokes
- Arugula
- Asparagus
- Bok choy
- Broccoli
- Broccoli rabe
- Brussels sprouts
- Cabbage(green, red, napa, savoy)
- Cauliflower
- Carrots
- Celery
- Collard greens
- Cucumbers
- Daikon radishes
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Green beans
- Hearts of palm
- Jicama
- Kale
- Leeks
- Lettuce (all kinds)
- Mushrooms (all kinds)
- Mustard greens
- Okra
- Onions
- Parsley
- Pepperoncini
- Peppers (all kinds)
- Pickles
- Radishes
- Rhubarb
- Sauerkraut
- Scallions
- Seaweed
- Shallots
- Snap peas
- Snow peas
- Spinach
- Sprouts
- Spaghetti squash
- Summer squash (yellow, zucchini)
- Winter squash (butternut, acorn)
- Swiss chard
- Tomatillos
- Tomatoes
- Turnips
- Wax beans
- Zucchini noodles

*This is a non-exhaustive list

Your diet should include:

Fruits (up to 3 servings/day)

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Coconuts
- Cranberries
- Dates
- Dragonfruit
- Figs
- Grapefruits
- Grapes
- Guavas
- Honeydew melons
- Kiwis
- Kumquats
- Lemons
- Limes
- Lychees
- Mandarins
- Mangoes
- Mulberries
- Nectarines
- Oranges
- Papayas
- Passionfruit
- Peaches
- Pears
- Pineapples
- Plums
- Pomegranates
- Raspberries
- Starfruit
- Strawberries
- Tangerines
- Watermelons

Dairy Products

- Cheese (all types, choose low fat when possible)
- Cottage cheese
- Kefir
- Mascarpone
- Milk (low-fat, skim, lactose-free)
- Ricotta cheese
- Skyr
- Whey protein
- Yogurt (plain, low sugar, Greek)

Dairy Alternatives

- Vegan cheese (all types, choose low fat when possible)
- Nut/pea milks (high protein, unsweetened)
- Soy milk (unsweetened)
- Pea or soy protein
- Yogurt (soy, coconut, almond)

High Fiber Foods

- Legumes & Pulses
  - Lentils
  - Black beans
  - Kidney beans
  - Navy beans
  - Split peas
  - Edamame
- Nuts
  - Almonds
  - Hazelnuts
  - Peanuts
  - Pecans
  - Pistachios
  - Walnuts
- Seeds
  - Chia seeds
  - Flaxseeds
  - Pumpkin seeds
  - Sesame seeds
  - Sunflower seeds

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Pre-Op Diet

Eliminate the high-carb foods

- Bagels
- Bread
- Cake
- Cereal
- Chips
- Cookies
- Corn
- Couscous
- Pasta
- Crackers
- Cream of Wheat
- English Muffins
- Farina
- Grits
- Oatmeal
- Peas
- Popcorn
- Potatoes
- Pretzels
- Quinoa
- Rice
- Sweet Potatoes
- Tortillas
- Yucca



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Pre-Op Diet

Eliminate sugary drinks

- Alcohol
- Energy Drinks
- Flavored Milk
- Fruit Juice
- Regular Sodas
- Sports Drinks
- Sweet Tea
- Sweetened Coffee



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Calculating Net Carbs



Nutrition Facts

Serving size 1 bar (60g)

Amount per serving

Calories 190

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 290mg	**13%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 13g	**46%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Sugar Alcohols 5g	
Protein 21g	**42%**

Vit. D 0mcg 0% • Calcium 170mg 15%

Iron 0.7mg 4% • Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GOAL: < 50 grams of NET carbs/day

← TOTAL CARBS: 22 g

← DIETARY FIBER: -13 g

← SUGAR ALCOHOLS: -5 g

Net Carbs: 4 g

Calculating Net Carbs:

Net Carbs = Total Carbs - Dietary Fiber - Sugar Alcohols

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Sugar Substitutes

You may choose diet versions of products sweetened with sugar substitutes such as:

- Splenda (Sucralose)
- Stevia
- Monk Fruit
- Equal, NutraSweet (Aspartame)
- Sweet'N Low (Saccharin)



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Sugar Free Clear Liquid Diet

- Broth
  - Beef
  - Bone Broth
  - Chicken
  - Vegetable
  - Mushroom
  - Unjury brand protein broths
  - Wonton (without Wontons)
- Herbal or Decaffeinated Tea
  - Hot or Iced
  - Sweetened with Sugar substitutes
- Crystal Light, Propel (all colors are fine)
- Water
- Gatorade ZERO, Powerade ZERO, Vitamin Water ZERO
- Sugar-Free Items
  - Jell-o
  - Popsicles
  - Sports Drinks
  - Water Enhancers
- Protein Waters
  - Celebrate CLR
  - Dymatize Iso100 Clear
  - Isopure
  - Gatorade Zero with Protein
  - Premier Clear
  - Protein2o

Do **NOT** start the clear liquid diet earlier than 2 days prior to surgery!

GOAL: > 4 liters/day

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Sugar Free Clear Liquid Diet



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Sugar Free Clear Liquid Diet

- Avoid
  - Alcohol
  - Caffeine
  - Carbonation
  - Drinks with added sugar
- Liquids should be see through with no solid pieces (no shakes)
- Drink every 30 minutes to stay well hydrated

Nothing by Mouth

- Nothing to eat or drink after midnight the day of surgery!
- Take medications as instructed by your surgeon with a sip of water only!

Prescribed Medications*

**They will be called in the day of your surgery*



Protonix 40 mg

Take one daily for the first 90 days after surgery no matter how good you may likely feel. It reduces acid production and allows everything to heal.



Zofran 8 mg ODT

Take one dissolvable tablet every 8 hours only as needed for nausea. Hopefully, you are never nauseated. If this isn't working, please text our team for advice.



Narcotic Pain Medication

Take one every 4 hours only as needed for **severe** pain. Try to avoid as it makes you groggy (you can NOT drive if you have taken a narcotic) and constipated. Use Gas-X and/or Tylenol instead. And walk. So much walking to get rid of the gas!

Over the Counter Medications

Tylenol ES



You will have abdominal soreness where your incisions are. Take double the dose of Tylenol (1,000 mg at a time) no matter what for 3 days.

Please note: If you had a sleeve or a revision it will hurt to the right of your belly button the most. This is the site where your stomach was removed and a deep stitch is placed during the sleeve.

Gas-X (Simethicone)



You will have gas pain. You can take any strength, type, or formulation of Gas-X (i.e., soft gels, chewable, dissolvable, tablets).

It will feel like a pressure and fullness especially in the left upper quadrant and sternal (chest bone) area.

Feel Like Something Is Stuck?



Papaya Enzyme

As you advance your diet, you should have papaya enzyme available if you feel food has gotten stuck. This will increase your saliva and digestive secretions. Take as needed.

Smoking & Nicotine

It is **required** that prior to surgery and for your lifetime after surgery that smoking and nicotine (including dip, chew, vaping, etc.) use be discontinued due to the complications they can cause including:

- Delayed Healing
- Reduced Blood Flow
- Ulcer Risk
- Increased Gastric Acid
- Weight Regain
- Increased Blood Clot Risk
- Respiratory Issues
- Cardiovascular Strain
- General Health Risks



If you need assistance, you can contact Jeanette Stefko, AHEC at 407-716-6392 she will guide you through the Smoking Cessation Program, it's virtual and at no cost Home - AHEC Network www.ahectobacco.com

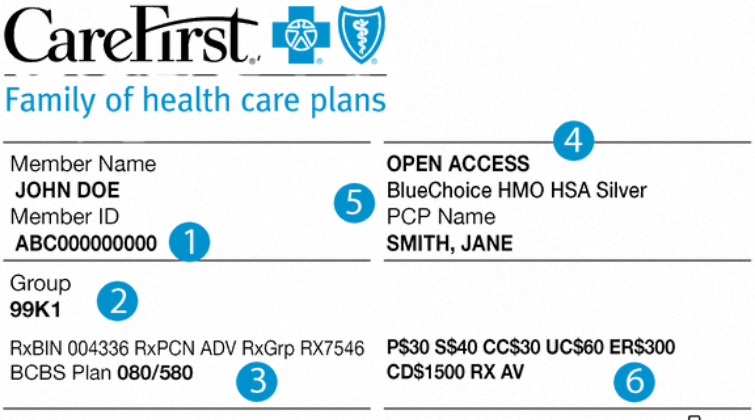
Blood work will be required by all active nicotine users prior to surgery to show that use has discontinued

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What To Bring

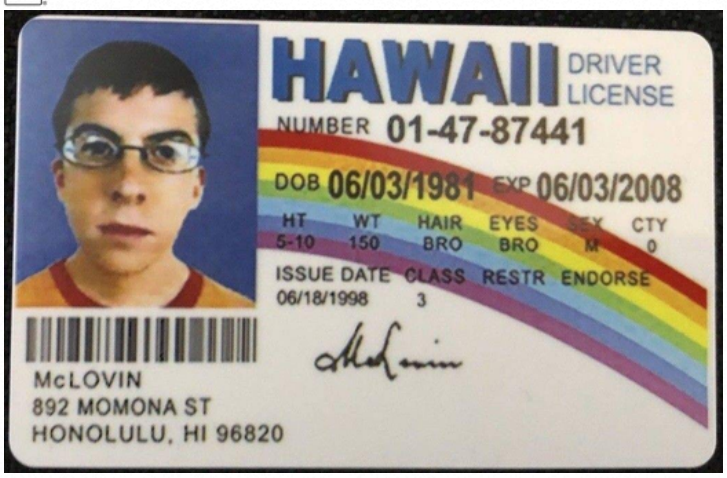
Support Person (over 18)





Insurance Card

ID Card





CPAP Machine

You must bring this if you have moderate or severe obstructive sleep apnea for possible post-operative use.

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Day of Surgery Timeline

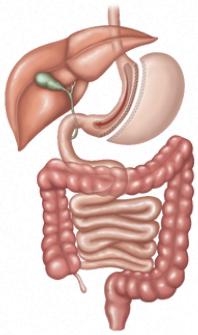
Arrival Time

- Register at Facility
  - You MUST have a responsible adult available to leave the facility
- Get taken back to pre-operative area
- Change into hospital gown

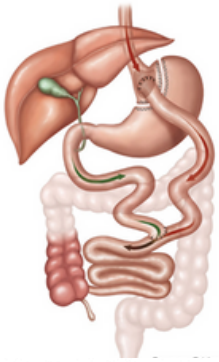
Pre-Operative Area

- Meet the Nursing Team!
  - Get IV & receive fluids
  - Anti-Nausea and Anti-Pain Medications given
  - Discharge Instructions Reviewed
- Meet the Anesthesia Team!
  - Assess airway
  - Review your history
  - Sign Anesthesia Consent
- Meet Dr. Dovec or Dr. Lane!
  - Final review
  - Sign Surgical Consent
  - Take Pre-Op Picture (on your phone)

Operating Room



SLEEVE



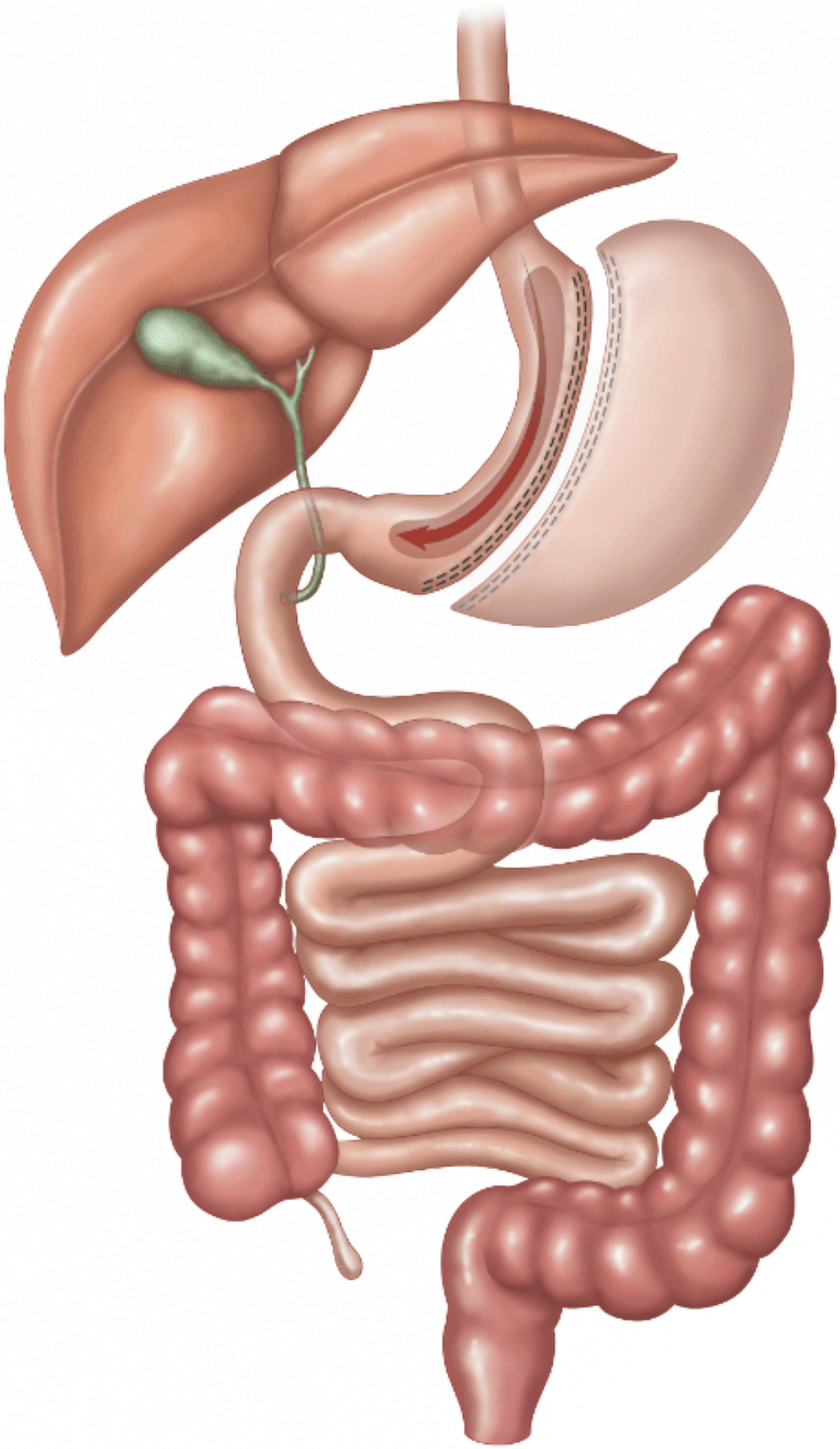
GASTRIC BYPASS

Post-Operative Area

- Walk
- Urinate
- Drink
- DISCHARGE

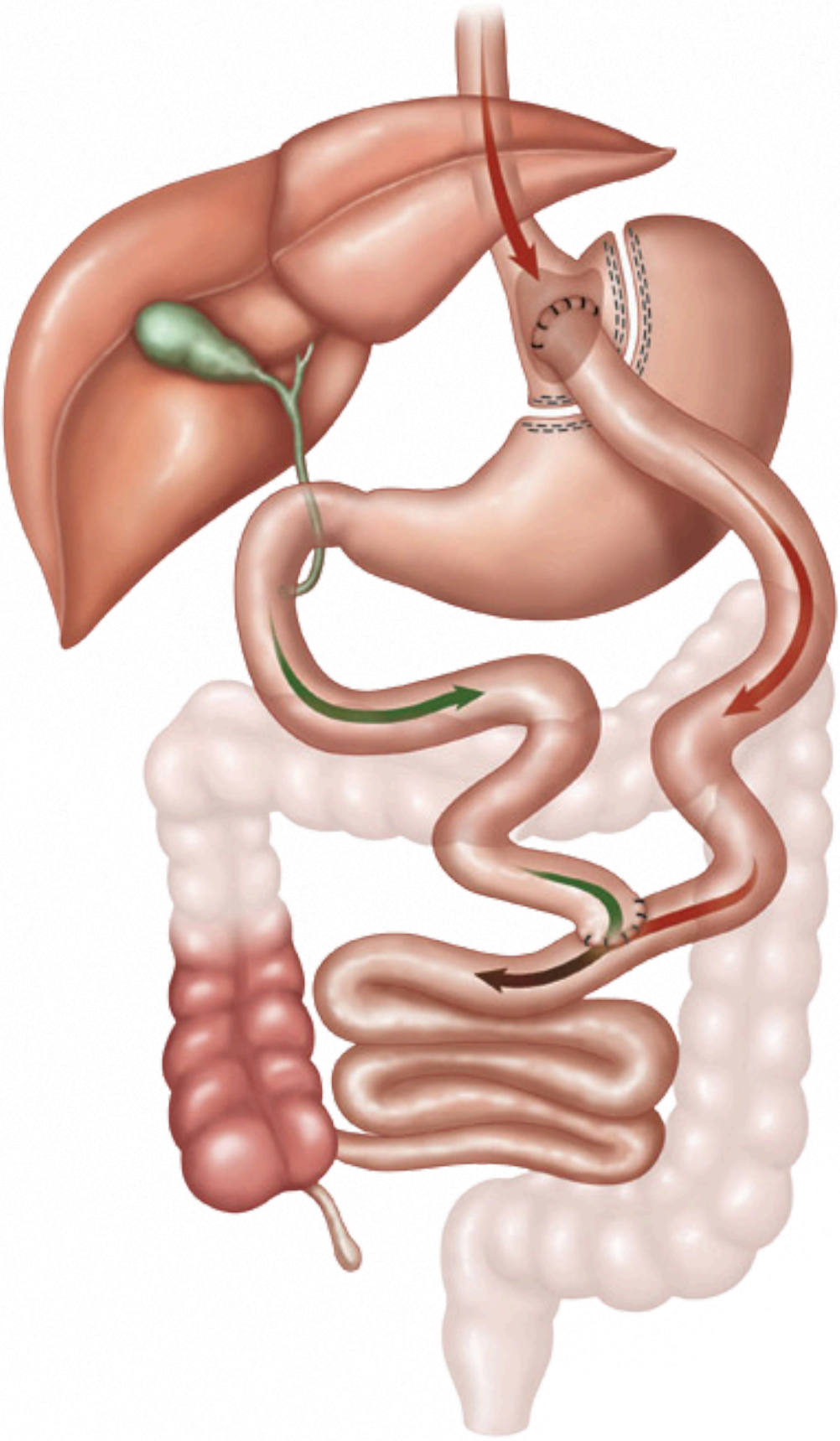
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Laparoscopic Sleeve Gastrectomy



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Laparoscopic Roux-En-Y Gastric Bypass



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Keys to Success

Protein

- Have protein at every meal and snack
- Aim for 70-100 g per day
- Use protein shakes as needed to meet goals
- Eat protein first at meals and snacks!

Fluids

- Aim for AT LEAST 64 ounces of clear liquids a day
- Avoid drinks with sugar, caffeine, alcohol, & carbonation
- Sip consistently throughout the day

Vitamins & Minerals

Daily for Life

- Bariatric Multivitamin with Iron
- 500 mg Calcium **Citrate** with Vitamin D 3 times per day

Diet Progression

- Prior to surgery, avoid starchy foods
- 2 days prior to surgery, drink ONLY sugar-free, clear liquids
- After surgery:
  - Week 1 Full Liquids
  - Week 2 Puree Texture
  - Weeks 3 & 4 Soft Texture
  - Weeks 5+ Regular Texture
- Avoid raw vegetables for 6 weeks

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Post-Op Diet Progression

Week 1 (days 1-7): Full Liquids

- Liquids should be smooth, pourable consistency with no solid pieces
- They can have creamy appearance/texture
- Drink 64 ounces of clear liquids **in addition to** full liquids

Week 2 (days 8-14): Puree/Minced Food

- Foods should be smooth or ground texture
- If you are struggling with tolerance, stick with softer/moister options
- May need to continue to use protein shakes to meet goals

Weeks 3 & 4 (days 15-28): Soft Food

- Food should be cooked to "fork tender" consistency
- Continue to focus on protein first

5+ Weeks (days 28+): Regular Food*

- Same as pre-op starch free diet!
- May need to continue to utilize softer cuts of meats or proteins and sauces
- May incorporate caffeine if you are consistently meeting fluid goals

Do NOT consume raw vegetables, nuts and seeds, or tough protein for at least 6 weeks post-op.

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General Guidelines

- Continue to include ***at least*** 64 ounces of clear liquids daily
  - If you are struggling with fluid intake, try different temperatures and/or flavors
- Do not progress faster than outlined
- You can continue on any stage for longer if needed
- If a food causes any issues, avoid it for a few days and then try again
- Avoid starches for ***at least*** 6 months
- Focus on protein foods first!
- Incorporate high fiber foods as tolerated
- Do **NOT** consume raw vegetables, crunchy fruits, nuts, seeds, or tough protein for at least 6 weeks post-op
- You may need to eat smaller, more frequent meals for some time
- Avoid alcohol for **1 year post-op**

Protein Supplement Guidelines

- Ready to drink
- Powders
  - Isolate preferred (first ingredient on the label)
    - Whey, soy, pea, egg, etc.
  - Mix with unsweetened milk of choice
    - Dairy, soy, almond, cashew, pea, etc.
- 20-30 g protein per serving
- <5 g net carbs per serving
- Low fat blended or cream-based soups
  - Can incorporate unflavored protein powder
- Yogurt thinned to drinkable consistency

Nutrition Facts

About 45 servings per container

Serving size 1 scoop (30g)

Amount per serving **Calories**	**110**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**4%**
Sodium 100mg	**4%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars <1g	
Includes 0g Added Sugars	**0%**
Protein 25g	**50%**

INGREDIENTS: HYDROLYZED WHEY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, NATURAL AND ARTIFICIAL FLAVOR. LESS THAN 1% OF: SALT, SOY LECITHIN, SUCRALOSE, STEVIOL GLYCOSIDES (STEVIA).

CONTAINS: MILK AND SOY.







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Full Liquid Diet

- Avoid
  - Alcohol
  - Caffeine
  - Carbonation
  - Sugar sweetened beverages
- Liquids should be smooth, pourable consistency with no solid pieces
- Drink at least every 30 minutes to stay well hydrated
- Aim for at least 64 ounces of clear liquids each day **in addition to** full liquids
- You may not meet protein goals daily yet- that is ok!

- Protein shakes
  - Ready to drink
  - Powders
    - Isolate preferred
      - Whey, soy, pea, egg, etc.
    - Mix with unsweetened milk of choice
      - Dairy, soy, almond, cashew, pea, etc.
- Low fat blended or cream-based soups
  - Can incorporate unflavored/savory protein powder
- Kefir (no added sugar)
- Yogurt- drinkable or thinned to drinkable consistency



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Edamame Broccoli Soup



2 cups	Broccoli (cut into florets)
1 cup	Frozen Edamame (thawed)
1/2	White Onion (chopped)
3	Garlic (clove)
1 1/2 cups	Vegetable Broth
2 tbsps	Basil Leaves
1 tbsp	Lemon Juice
	Sea Salt & Black Pepper (to taste)

In a small pot, add broccoli, edamame, onion, garlic, and broth. Bring to a boil. Turn down the heat to simmer, cover the pot with a lid, and let simmer for about 25 minutes or until everything is cooked.

Remove the pot from the heat and add basil and lemon juice. Season with salt and pepper.

Use an immersion blender and blend the soup until it is smooth. Add more broth as needed to get pourable consistency. Divide between serving plates and enjoy!

Hannah Approved



Calories	153	8%
Fat	5g	8%
Carbs	19g	6%
Fiber	7g	25%
Sugar	6g	0%
Protein	13g	26%

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Customized Meal Plans

Puree/Minced Diet

- Foods should be smooth or ground texture
- If you are struggling with tolerance, stick with softer/moister options
- Take bean-sized bites and chew thoroughly
- Continue to use protein shakes as needed throughout this stage
- Stop drinking prior to eating
- Do not drink while eating and for at least 30 minutes afterwards
- Continue to aim for at least 64 ounces of sugar- free clear liquids each day

- Applesauce
  - add protein powder for a boost!
- Blended meat soups
- Blended beans
- Chicken salad
- Cottage cheese
- Greek/Icelandic yogurt
  - Low sugar, low/no-fat
- Ground meat with sauce
- Mashed/scrambled eggs
- Mashed vegetables such as:
  - Cauliflower
  - Carrots
  - Pumpkin
  - Squash
- Ricotta Bake
- Silken tofu
- Sugar-Free Items
  - Pudding
- Smoothie (see recipe)
- Tuna salad

Weeks 2-4 after surgery will be TEXTURE modified. They will still consist of high protein foods, vegetables (cooked), fruits, and fluids. Many food items are already in these states or can be easily modified to fit the guidelines.

Smoothie Recipe

- 1/2 cup frozen fruit
- 1 serving protein powder
- 1/2 cup unsweetened milk of choice

Add all ingredients to a blender and blend to preferred consistency. Use more liquid as needed.

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Ricotta & Strawberry Puree



1/2 cup	Ricotta Cheese
2 tbsps	Plain Greek Yogurt
2 tbsps	Strawberries
1/2 tsp	Vanilla Extract
1/4 tsp	Cinnamon

Add all the ingredients to a blender or food processor and blend until smooth. Serve and enjoy!

Serving Size

One serving is equal to approximately 1/2 cup.

✔ Hannah Approved



Calories	222	11%
Fat	13g	20%
Carbs	13g	4%
Fiber	1g	4%
Sugar	2g	0%
Protein	12g	24%

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Customized Meal Plans

Soft Texture Diet

- Food should be cooked to "fork tender" consistency
- Continue to focus on protein first
- Avoid dry cuts of meat and use sauces to improve tolerability
- Continue to include clear liquids, full liquids, and purees
- Do not drink while eating or for at least 30 minutes afterwards
- Continue to aim for at least 64 ounces of sugar- free clear liquids each day

- Chicken/Beef/Pork
  - Shredded/Pulled
  - Ground
- Dairy
  - Cheese
  - Cottage Cheese
  - Yogurt
- Eggs
- Fish/seafood
  - Any variety
  - Avoid fried
- Tofu
  - Any type
- Deli meats
- Fruit
  - Canned in water/juice
  - Bananas
  - Berries
- Soft cooked vegetables
  - Fresh
  - Frozen
  - Canned

Chicken/Tuna Salad Recipe (makes 2 servings)

- 1 5 ounce can of chicken or tuna in water, drained
- 1/8th cup plain Greek yogurt
- 1 tsp mustard of choice
- Salt, pepper, garlic powder, onion powder, dill to taste

Add all ingredients to a mixing bowl and combine thoroughly. Add more yogurt as needed. Use any spices you like!

Slow Cooker Beef Casserole



1 lb	Lean Ground Beef
1 1/2 cups	Coleslaw Mix
1/2	Red Bell Pepper (large, sliced)
6	White Button Mushrooms (halves)
1 stalk	Celery (chopped)
1 tbsp	Tamari
1 1/2 tsps	Arrowroot Powder
1/2 cup	Beef Broth

Place all the ingredients in the slow cooker and stir the mixture, making sure to loosen the meat. Cover and cook for four hours on high or six hours on low.

Serve and enjoy!

Serving Size

One serving is equal to approximately one cup.

✓ Hannah Approved

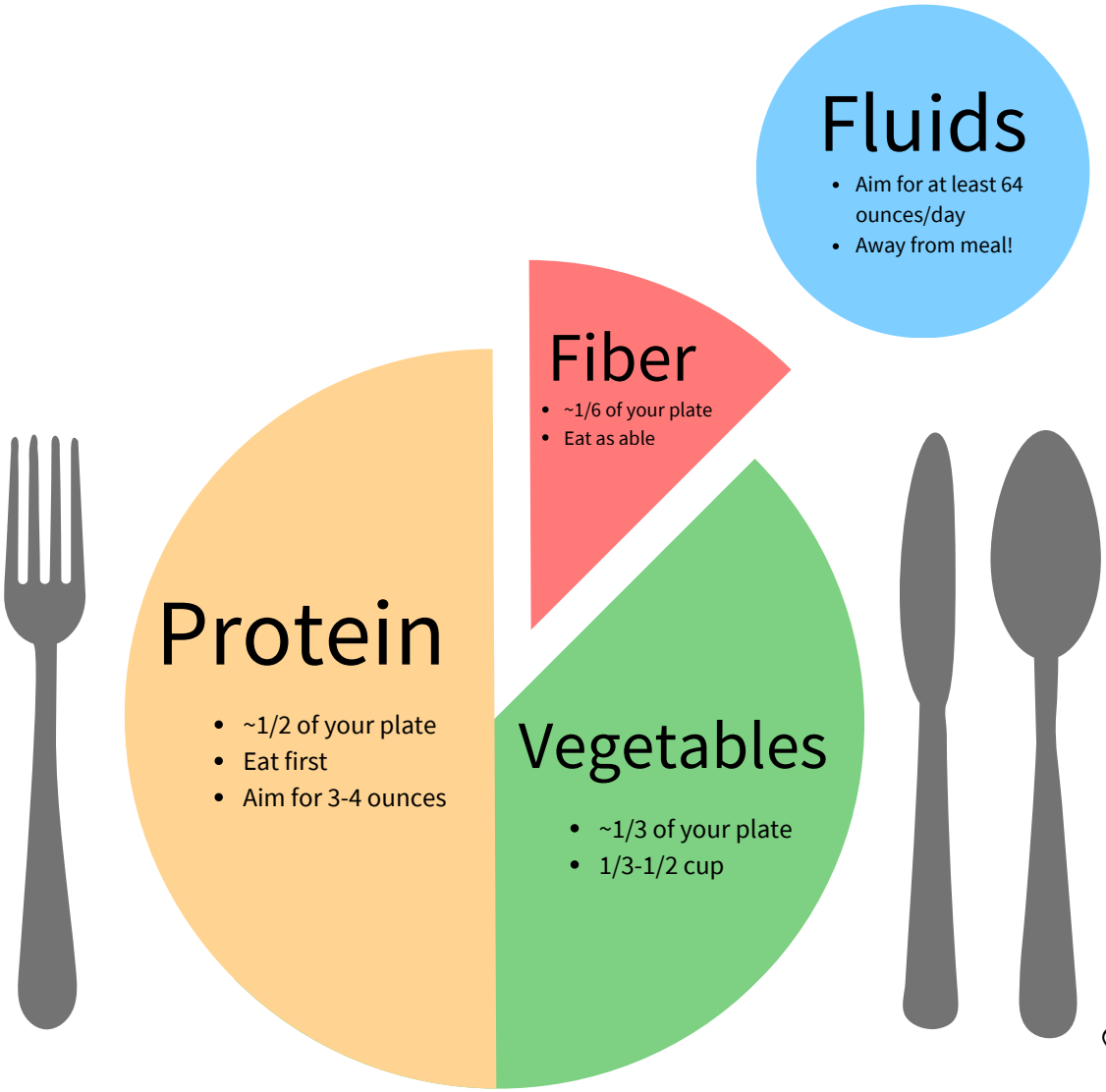


Calories	316	16%
Fat	23g	35%
Carbs	6g	2%
Fiber	2g	7%
Sugar	3g	0%
Protein	22g	44%

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Customized Meal Plans

Regular Texture Diet

- Same as pre-op starch free diet! **Refer back to page 9 of this guide**
- Continue to choose softer cuts of meat/proteins and sauces as needed
- Incorporate more foods a tolerated
- Eat protein first
- Take dime sized bites and chew thoroughly
- Feel free to use all types of flavors and seasonings
- It's ok if you are unable to eat more than just your protein, your intake will increase over time!
- Avoid raw vegetables, hard fruits, nuts & seeds, and tough cuts of meat until 6-8 weeks post-op
- Avoid drinking with meals and for 30 minutes after finishing
- You can incorporate caffeine if you are consistently meeting your fluid goals daily



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Balsamic Dijon Chicken



1/4 cup	Balsamic Vinegar
1 tsp	Dijon Mustard
1 tsp	Oregano (dried)
8 ozs	Chicken Breast (boneless, skin-on)

Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.

Mix the balsamic vinegar, mustard, and oregano together and spread it onto the chicken.

Cook the chicken in the oven for 25 to 30 minutes or until cooked through. Enjoy!

✔ Hannah Approved



Calories	168	8%
Fat	3g	5%
Carbs	6g	2%
Fiber	0g	0%
Sugar	5g	0%
Protein	26g	52%

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Customized Meal Plans



Medication Review



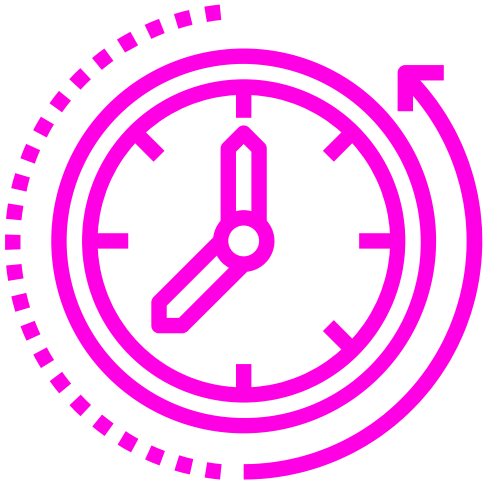
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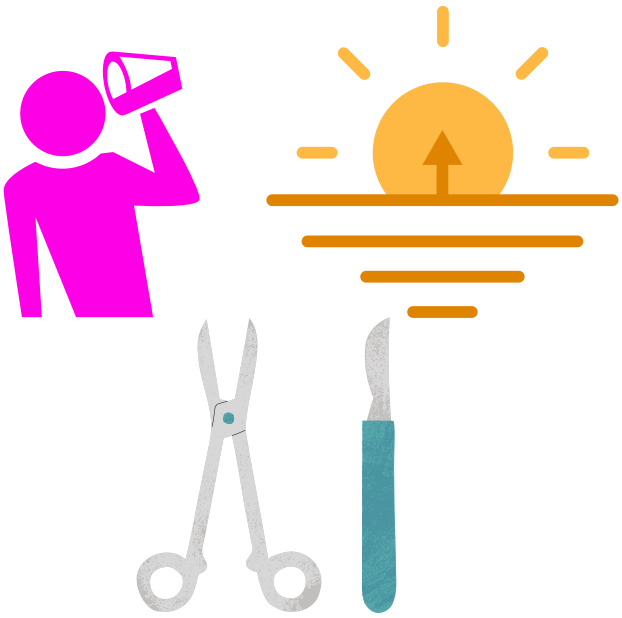
Overview



You can continue to swallow pills and tablets. NO need to crush your medications or change to liquid form.

It is okay to continue taking long-acting, extended release, delayed release medications. No need to change.





There are some medications important enough to take the morning of surgery. Please follow the instructions carefully and take these with a SIP of water only.

Diabetes Medications

Pills & Non-Insulin Injections



Please make sure you follow Dr. Dovec's and Dr. Lane's instructions on when to stop your non-insulin diabetes medication. These instructions will be discussed on your 1:1 and texted to you!



Your surgery could be CANCELLED if you do not follow these instructions!



Insulin

Please ask the provider that prescribes you insulin what to do with it. Please remind them that you will be on sugar free clear liquids only for the two days prior to surgery.

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Diuretics



Hydrochlorothiazide, Lasix, Spironolactone

STOP your diuretic **ONE day** prior to surgery.



HCTZ-Lisinopril, HCTZ-Triametermine, HCTZ-Losartan

STOP your combination blood pressure medications that contain a diuretic **ONE day** prior to surgery. Please ask the prescribing provider to write you a NEW blood pressure medication that does NOT have a diuretic in it to take in its place. You will take this new blood pressure medication (without a diuretic) the day before surgery and the morning of surgery with a sip of water only.

NSAIDs

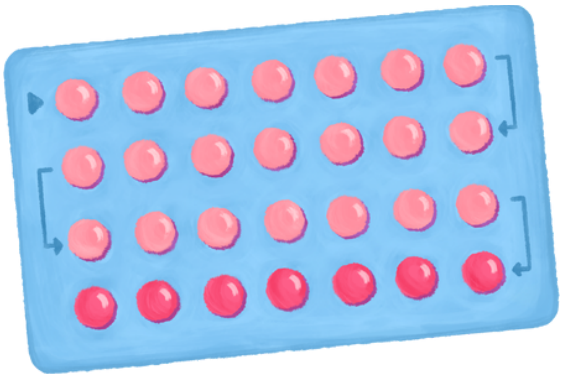
NSAIDs (Aleve, Ibuprofen, Motrin, Excedrin, etc.)



Try to **HOLD** your anti-inflammatory medications for 2-weeks prior to surgery. However, you CAN safely take them occasionally after surgery. If you are requiring an anti-inflammatory medication on a more regular basis, **please let us know**, and we will prescribe you something to protect the lining of your stomach.

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Other Medications



Oral Estrogen Containing Birth Control



HOLD your oral birth control 2-weeks prior to surgery and continue to hold it for 4-weeks after surgery to decrease the risk of blood clots.

Weight loss surgery can greatly improve your fertility, making it easier for you to become pregnant. However, it's important to have a birth control plan in place before surgery and to avoid pregnancy for **12 to 18 months** afterward. This gives you time to reach your weight loss goals and ensures you get the nutrition you need for a healthy pregnancy.



BODY BY BARIATRICS

Other Medications



Anticoagulation Medications

HOLD your Aspirin and Fish Oil 1-week prior to surgery. If you are on a prescription strength medication, we will review the anticoagulation recommendations by your prescriber.







STOP all diet pills (i.e., Phentermine, Qsymia, or over-the-counter) and herbal supplements **2-weeks** prior to surgery.



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Cold and Flu Medications



Any over the counter cold medication (name brand or generic) that DOES NOT contain NSAIDs (ibuprofen, naproxen, aspirin, etc.) is fine to take for a cold. You can also take any prescription such as tamiflu or antibiotics.

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Constipation Tips



DRINK MORE FLUIDS

- You should be drinking AT LEAST 64 ounces (2 liters) of sugar free clear liquids per day!
- If you're struggling, try to sip temperature temperatures or add flavor.

INCREASE MOVEMENT

- Getting more active will keep your GI tract moving ingested food and drink (and, therefore💩) in the right direction!
- Engage in at least 30 minutes of cardio you enjoy daily - walk, bike, swim, hike, ski.

MIRALAX

- Add a scoop of Miralax Powder to your favorite sugar free liquid every NIGHT until you start to have a daily poop.
- Good news! Over-The-Counter (OTC) options are all safe and non-habit forming!

DULCOLAX

- Take Dulcolax by mouth or insert a Dulcolax suppository every MORNING until you are consistently having a daily bowel movement.

SMOOTH MOVE TEA

- If OTC Miralax and/or Dulcolax aren't doing the trick, introduce Smooth Move Tea.
- Take this at bedtime as it takes about 6-12 hours to kick in.

FIBER

- Add more sources of dietary fiber (fruits, vegetables, whole grains) to bulk up your stool.
- Fiber has several benefits - you can subtract it from your total carbs to calculate net carbs, helps you feel full, promotes gut health, & increases restful sleep.

FIBER SUPPLEMENTS

- Add Metamucil or Benefiber OTC soluble fiber supplements to increase your fiber intake.

COLACE

- Colace is NOT a laxative.
- Colace is a stool softener and should be incorporated if you are having hard and painful stools to pass.

Incisional Care



You have a thin layer of waterproof skin glue over your small laparoscopic incisions. You can get them wet immediately after surgery. It is okay to to take a shower or bath or go in a hot tub, pool, lake, ocean, etc. Please keep the incisions clean and dry. Do not cover them with bandages or Band-Aids or put any lotions, ointments or antibacterial creams.

BODY BY BARIATRICS

Return to Work

Remember to Rest, Move, & Hydrate!



If you work remote or have more of a desk job, you can go right back to work as soon as the day after surgery.



If your job is more active, you can take up to 4-weeks off. Any additional time off will require further medical work up.



Work Forms

Please let us know if you would like us to provide work excuses or fill out leave paperwork. Fee applies for these to be completed.

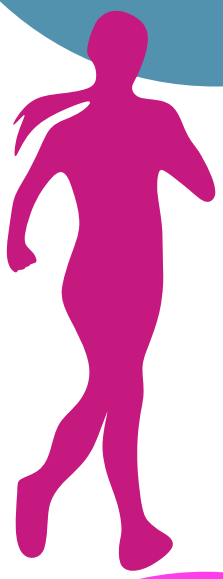
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Movement

150-300 minutes moderate-intensity exercise per week

OR

75-150 minutes vigorous-intensity exercise per week





2 or more days per week of muscle-strengthening activities

Sit less, move more!



Start slow & increase as tolerated!

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Wake up on a





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Post-Op Timeline



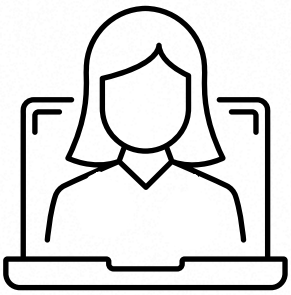
Day After Discharge

- Call or text from BodyByBariatrics Team
- Call from Operative Facility



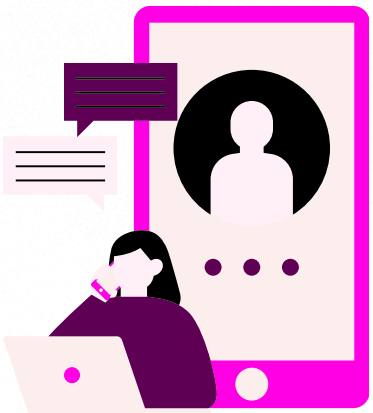
Initial Follow-Up

- Video visit with Advanced Practitioner



6-month Follow-Up

- Labs (prior to visit)
- Video Visit with Advanced Practitioner



1-Year & Annual Lifelong Follow-Up

- Labs (prior to visit)
- Video Visit with Advanced Practitioner or Surgeon

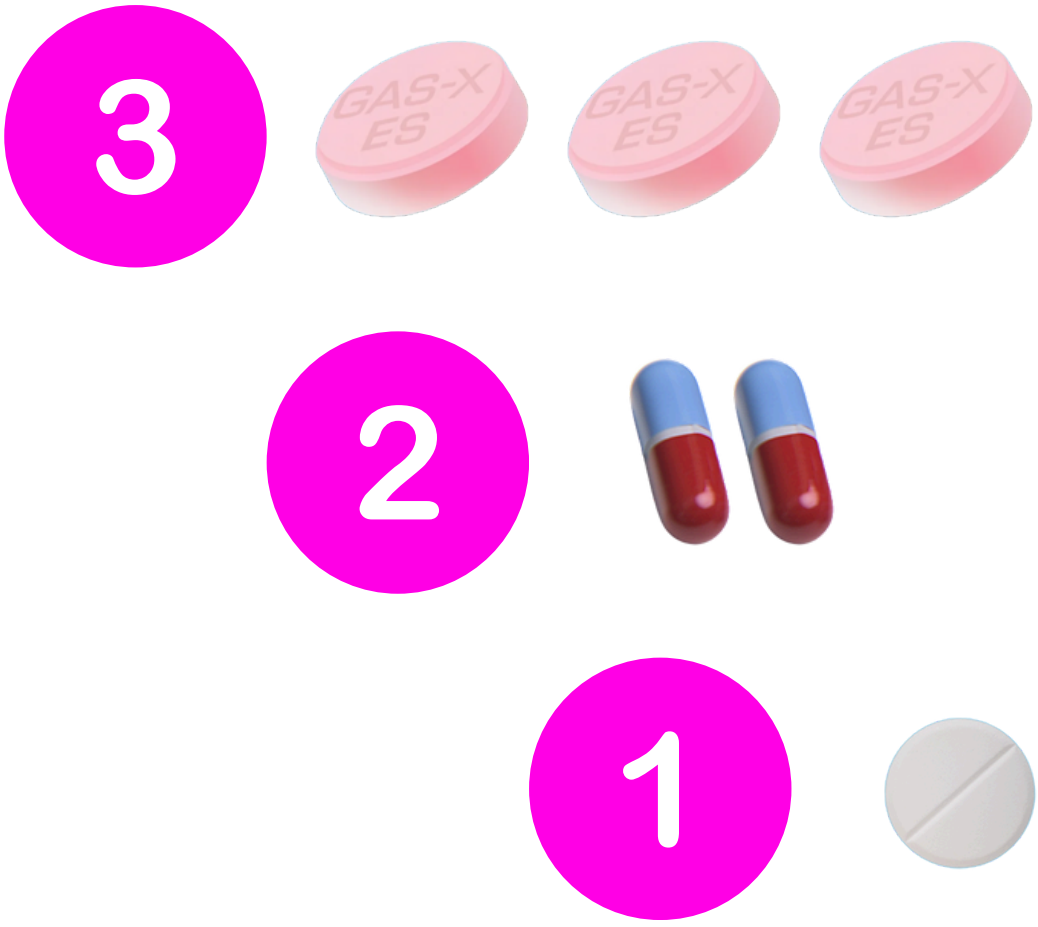
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The 3-2-1 Rule

The day of surgery can be difficult due to pain. We recommend following the 3-2-1 rule to help! You will take the following medications before bed:

- 3 doses of Gas-X (simethicone)
- 2 extra strength Tylenol (acetaminophen)
- 1 dose prescription pain medication

Sleep as long as you can and by the morning, you should be feeling much better!



Follow-Up Labs

Annual Routine Bariatric Labs*:

- ✓ CBC with differential
- ✓ CMP
- ✓ HbA1C
- ✓ Iron Panel
- ✓ PTH
- ✓ Lipid Panel
- ✓ Insulin
- ✓ Vitamin B1
- ✓ Vitamin D
- ✓ Vitamin B12
- ✓ Prealbumin
- ✓ Folic Acid
- ✓ TSH

**Labs will be ordered and interpreted by your BodyByBariatrics Team starting at 6 months post-op.*

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Bariatric Dining Card

Feel free to print this out and take with you to restaurants!

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SURGICAL WEIGHT LOSS

The person presenting this card has had bariatric surgery which has reduced the size of their stomach. Please allow them to purchase a smaller portion meal from the menu at a reduced or discounted price.

BODY BY
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SURGICAL WEIGHT LOSS

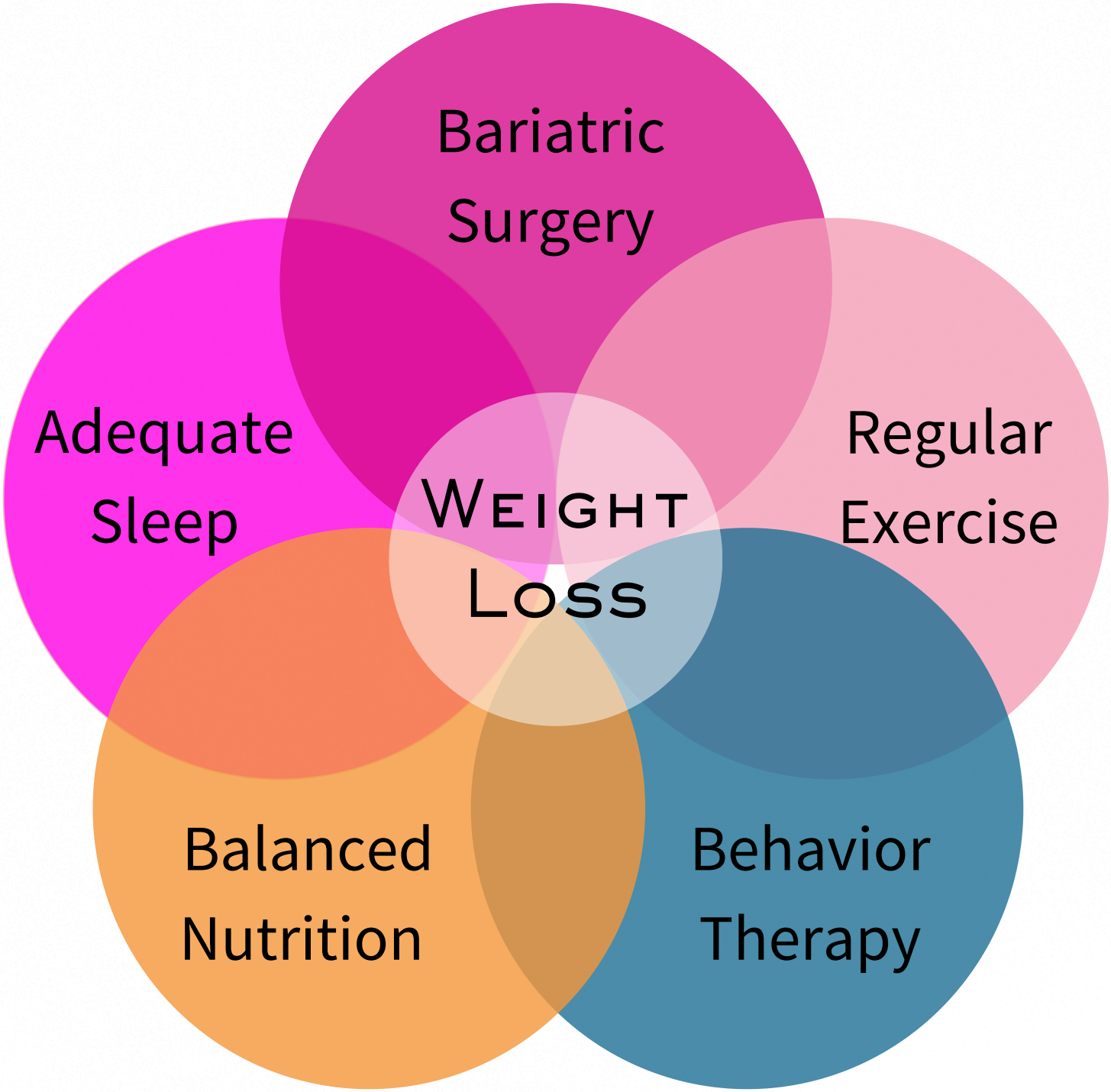
Medical Dining Alert

Special Menu Request

407-543-0971 | text
BodyByBariatrics.com

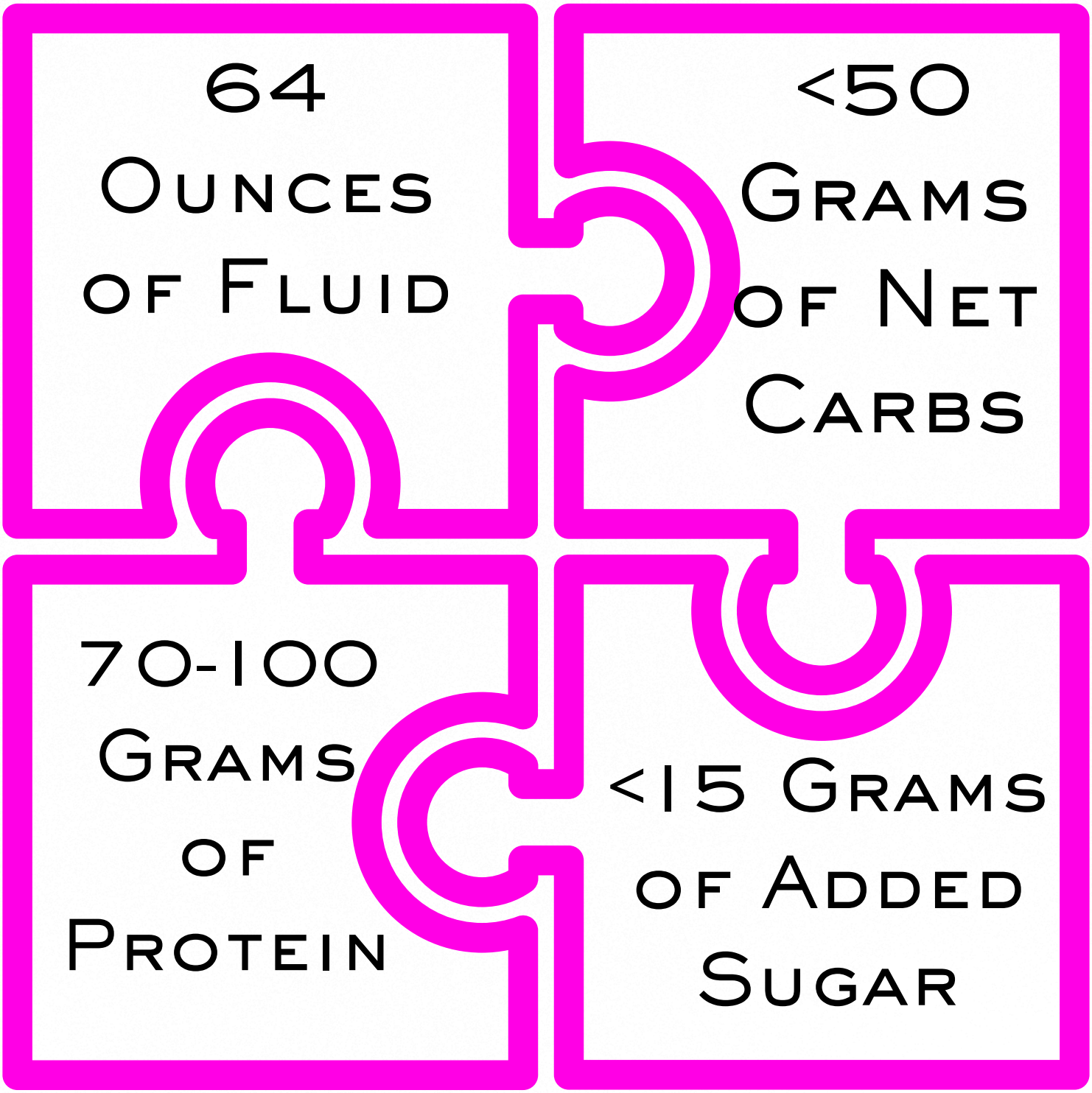
407-707-5018 | office
407-707-8658 | fax

The BodyByBariatrics Program



BODY BY BARIATRICS

The Pieces of Success



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Support Group Calendar

Monthly at 7:00 pm EST
via Zoom

[Subscribe to the Events Calendar Here]

Click Here To Join

Meeting ID: 9592162358

Some events may be in person- for most up to date information, check the online events calendar

Contact Us

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Got Questions?

Visit our website: BodyByBariatrics.com

TEXT US: 407-543-0971

EMAIL US: Support@BodyByBariatrics.com

If your concern is URGENT, please call the office: 407-707-5018

If your concern is EMERGENT, please call: 911

Get Support

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WEIGHT LOSS AND BARIATRIC SURGERY SUPPORT GROUP

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with Dr. Betsy Dovec & Hannah Schuyler, RD

Listen here

@TheWeightLoss Collab

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