

POST-OP INFORMATION

DIET:

- Advance diet according to booklet
- Consume **AT LEAST** 60g of **PROTEIN** per day
- **DO NOT** drink anything with calories like, milk, juice, soda, sports drinks, etc. **FOREVER!**
 - 0 calorie drinks are OK
- **DO NOT** drink 30 minutes before meals, during meals, or until 1 hour after meals. **FOREVER!**

DAILY VITAMINS:

- Multivitamin: chewable with iron daily, you may choose:
 - any pharmacy brand, (ex: 2 Flintstones) or,
 - 4 Bariatric Fusion, 2 in the am and 2 in the pm
- Calcium: chewable with Vitamin D you may choose:
 - If you take Bariatric Fusion you do not need extra Calcium
 - Otherwise:
 - Any pharmacy brand or,
 - 3 Viactive, 1 with breakfast, lunch and dinner or,
 - 3 Caltrate, 1 with breakfast, lunch and dinner
- Extra Iron (From the office or prescription or OTC)
- 1- B-complex: any store brand
- 1- 50,000U Vitamin D
 - Taken weekly, prescription given in the office

PLEASE MAKE SURE TO:

- Make appointments with:
 - your dietitian within 3 weeks after your surgery,
 - primary care physician,
- Attend a support group
- Exercise: start by walking, bicycling and running
 - You may return to all activities 4 weeks after surgery
- Do not take anti-inflammatory medications (ex: Motrin, Aspirin, Naproxen). If you need to take one of these please contact the office first.
- **DO NOT SMOKE!**

****Come see us in the office at your scheduled visits for the rest of your life****