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## **Post-Op Diet Progression**

All bariatric surgery patients should follow this diet progression to avoid complications and for best results following surgery. Sample meal plans are available through the Weight Management office.

### **Post-Op Week 1 – CLEAR LIQUID**

The bariatric clear liquid diet consists of foods/fluids that are liquid at room temperature and leave minimal residual in the intestinal tract. This diet must consist of sugar-free liquids to avoid dumping syndrome. Unsweetened fruit juices need to be diluted with water and may or may not be tolerated. You will be started on a bariatric clear liquid diet in the hospital and will continue on this diet for the first week you are at home.

### **Post-Op Week 2 – FULL LIQUID**

The bariatric full liquid diet consists of foods/fluids that are liquid or semi-liquid at room temperature. Sugar-free and low-fat liquids must be incorporated into this diet stage. Most foods on this diet are milk based, so you are encouraged to use lactose-free alternatives if you develop lactose intolerance after the surgery. Liquids must be high in protein. You will be on full liquids for at least one week.

### **Post-Op Weeks 3-4 – PUREED**

This diet stage consists of foods that have been pureed in a blender or food processor to resemble the consistency of baby food. You may only be able to consume your protein foods and get full before you eat other food groups at this stage. You must continue to avoid concentrated sweets during this stage. You will be on pureed foods for two weeks.

### **Post-Op Weeks 5-6 – SOFT**

This stage consists of soft whole foods. You may need to chop, dice, or grind meats depending on your tolerance. At this stage, you should try to incorporate most food groups in small portions. You will be on the soft diet stage for two weeks.

### **Post-Op Weeks 7 and Beyond – REGULAR**

This diet stage includes all foods with the exception of concentrated sweets and high fat foods. You should be able to incorporate most foods that you were able to eat before the surgery. You may experience taste and tolerance changes to foods you used to eat before surgery so be willing to try new foods.

**Please Note:** If you develop complications or problems, your surgeon and/or the Weight Management team may vary your diet progression from the above schedule as necessary.

Thank you for choosing Surgical Associates for your care. For prescription requests or refills (including narcotics) or for general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm. A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after regular business hours.