Preparing For Your Hospital Stay

- Plan to arrive at the hospital 2 hours before your surgery is scheduled (6am if your surgery is scheduled to start at 7:30am). The hospital will call prior to surgery with pre-registration and parking information. Typical hospital stay is 1 night, possibly 2. Please have transportation arranged on your discharge day.
- DO NOT wear contact lenses, make-up, nail polish or jewelry to the hospital the morning of surgery.
- Discharge from the hospital usually occurs by 12 PM. Please wait until you have been seen and examined by a provider before you call for a ride home.
- Visiting hours at ECMC are 1-7pm. Visiting hours are subject to change. No visitors under the age of 16 will be allowed.
- The hospital is equipped with free guest Wi-Fi. You will also have TV and phone access for no additional charge.
- Clean your house. Pay your bills.
- Shop for at least one week's worth of groceries (low fat full liquids). Include foods and beverages such as sugar-free Jell-O®, sugar-free pudding mix, cooked cereal (Cream of Wheat), applesauce, bottled water, smooth nonfat plain or vanilla yogurt, sugar-free popsicles and canned soups. You may also have protein shakes.
- Purchase your bariatric chewable multivitamins - you can start these after your first post-operative appointment.
- If you are going to be alone after surgery, line up family and friends to look in on you and help you run errands.
- Get extra bed pillows for your first few nights at home.
- Optional: take a “cough” pillow to the hospital with you. Even a stuffed animal will work.
- Make sure your phone is near your bed at home.
- Give someone a list of names and phone numbers to call after you are out of recovery.
- Take your incentive spirometer home and continue to use it daily until your first post-op appointment.
- If you drink caffeinated beverages, use them in moderation.
- Stop drinking carbonated beverages. They are not recommended after bariatric surgery.
- Take lip balm to the hospital. Your lips will get dry.
- If you have a CPAP machine, be sure to bring it with you to the hospital and know your settings!
- Bring loose, comfortable clothing for your trip home; nothing too binding.
- Consult with your primary care doctor and your surgeon about medications, particularly if you are on extended release medications or NSAIDs. You will no longer be able to take ibuprofen, aspirin or naproxen after surgery.
- Bring a light bathrobe and slippers to the hospital. You will be walking around.
- Bring shampoo and a hairdryer if you need one. The hospital will supply most other necessities.
- In the hospital, take charge of your care. Do not feel that you are troubling people if you need something.
- Visit www.obesityhelp.com for more information regarding weight loss surgery. They have great forums you can get involved in.
- Visit www.myfitnesspal.com or download the My Fitness Pal app to track your food intake.
- Try to attend a support groups. Sign up for support group at synergybariatrics.com under Event Registration.

Synergy Bariatrics
Dr. Christina Sanders/Dr. Liam Knott
30 North Union Rd. Suite 104
Williamsville NY 14221
(716) 565-3990
### Enhanced Recovery After Surgery

#### Instructions for Diet, Fluids & Medicines

<table>
<thead>
<tr>
<th>After Discharge</th>
<th>Morning of Surgery</th>
<th>Before Surgery</th>
<th>10 Days After Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td>covered by your insurance</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>for pain after discharge for 72 hours, or as needed</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>use 100 mg every 8 hours for 3 days after discharge, then as needed</td>
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<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>Reason: Pain</td>
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<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>use every 4-6 hours until T1 post-op</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>Reason: Gas Pain</td>
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<td>up to twice a day as needed</td>
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<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>Reason: Nausea</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>2 to 3 weeks after surgery</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
</tr>
<tr>
<td>Reason: Stomach Spasm</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>DO NOT take other medications the morning of surgery</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>DO NOT eat or drink anything else</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>Take Tylenol (acetaminophen) 100 mg</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<tr>
<td>Take Clavulanate capsules (cefaclor) 400 mg</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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<td>4 hours before scheduled surgery</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
<td>Tylenol (acetaminophen, tablets)</td>
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</table>

#### Presentations after surgery:

- If you have not provided your current prescription, please contact the pharmacy.
- If you are taking any current medications, please do so as prescribed on this sheet.
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Liver Reduction Diet
Start of Liver Reduction Diet Date: __________________

Ten (10) days prior to your bariatric surgery you will start to follow a “liver reduction diet”. You will need to purchase 40 servings of protein (four (4) shakes a day for ten (10) days). It is recommended that your protein powder be made with whey protein isolate, less than 3 grams of total fat and less than 2 grams of sugar per serving.

Recommended protein powders include Bariatric Fusion Meal Replacement, Wegmans Whey Protein Powder (does not contain fiber), biPro (does not contain fiber) or Unjury (does not contain fiber). Whey protein isolate powder can be purchased at Pine Pharmacy in the Tony Walker Plaza, Wegmans, unjury.com, biprousa.com and bariatricfusion.com (see back of this page for further details on where to purchase these products). If the protein powder does not contain fiber (Wegmans, Unjury or biPro) you must add fiber powder to your shake (5 grams of fiber per protein shake). The protein powder can be mixed with 6-8 ounces of unsweetened almond milk, water, skim or 1% milk, or any of the sugar-free clear liquids listed below. This diet will promote weight loss and decrease the size of your liver, making the procedure easier for your surgeon.

Liver Reduction Sample Menu:

Breakfast: 1 High Protein Shake
Lunch: 1 High Protein Shake
Afternoon Snack: ½ cup non starchy vegetables (can be consumed at any time during the day)
Dinner: 1 High Protein Shake
Evening Snack: 1 High Protein Shake

½ cup of Non-Starchy Vegetables (cooked or raw) per day:
½ cup carrots ½ cup broccoli
½ cup cauliflower ½ cup celery
½ cup salad greens ½ cup spinach
½ cup cucumbers ½ cup tomatoes

At least 8 cups or 64 ounces of sugar-free clear liquids – it is important to prevent dehydration by drinking enough fluids. Sugar Substitutes are OK (Splenda®, Truvia®, Equal®, Stevia).

Examples of acceptable sugar-free clear liquids:
- Water, flavored water (sugar free)
- Vitaminwater® Zero
- Crystal Light®
- Propel®
- G2™ (low calorie Gatorade®) or Gatorade Zero®
- Unsweetened Iced Tea
- Sugar Free Kool-Aid®
- Sugar Free Popsicles®
- Sugar Free Jell-O®
- Fat Free Chicken, Beef or Vegetable Broth
- Caffeinated Black Coffee or Tea
- Decaffeinated black coffee or tea

Take a Multivitamin daily if you are not using the Bariatric Fusion Meal Replacement Powder

Questions regarding the individualized meal pattern can be directed to Jennifer Turesky, Registered Dietitian Nutritionist at 716-565-3990 ext 104. Note: Leave a voice message for a return call.

6.17.22
Special Note for Diabetic Patients:
If you are diabetic and taking insulin or any other diabetic medication, you need to contact the provider who manages your diabetes to discuss your blood sugar management before starting this diet. Your calorie intake will be around 800-1000 per day with 40-80 grams of carbohydrate per day depending on if you mix milk or another liquid listed above to the protein powder. The goal for your medication management is to decrease insulin or medication needs during the ten (10) days to keep your blood sugar normal and not to increase your food and carbohydrate intake. For this reason, you should monitor your blood sugar 4 times a day (fasting and before lunch, dinner and evening snack) until it is stable and have your doctor adjust your medication(s) as needed.

Pine Pharmacy is located at 5110 Main St, Williamsville, NY 14221
Phone Number: (716) 332-2288
Hours: Monday-Friday 9am-6pm, Saturday 10am-3pm, Sunday CLOSED

Bariatric Fusion
Phone Number: (866) 259-0602
Bariatricfusion.com
Use code Synergy20 and you will receive 20% off your purchase
Use code SYNERGYFREE and you will receive free shipping on a purchase of $15 or more
ONLY ONE CODE can be used per order

biPro
www.biprous.com
1.877.692.4776
Use code TRYNBAY for Free Shipping

UNJURY
Unjury.com
1.800.517.5111
Use code SYNERGY01. This code is for new customers to receive 10% off their first online order.
Recommended VITAMIN and MINERAL SUPPLEMENTS after bariatric surgery

You may start/resume your bariatric multivitamin and mineral supplement after your first post-operative appointment.
You MUST be on one the following Vitamin Regimens for life
You MUST have vitamin levels monitored by us or your primary care physician yearly

Options for bariatric multivitamin and mineral supplementation are:

**Bariatric Fusion**
(bariatricfusion.com or 866.259.0602)
- Four (4) Bariatric Fusion multivitamin and mineral chewables per day ($22 for 30 days when **SYNERGY20** code is used)
- Two (2) Bariatric Fusion multivitamin soft chews + one (1) bariatric fusion iron soft chew**+/+ 1200-1500 mg of calcium**/*** ($35 for 30 days when **SYNERGY20** code is used)
- 1 per day Bariatric Fusion Multivitamin Capsule with Iron* + 1200-1500 mg of calcium**/*** ($14.40 for 30 days when **SYNERGY20** code is used and you purchase the 90 day supply). *Kosher
Use code SYNERGY20 and you will receive 20% all of your purchases.
Use code SYNERGYFREE and you will receive free shipping on a purchase of $15 or more. Only ONE discount code per purchase.

**Bariatric Advantage**
(bariatricadvantage.com or call 800.898.6888)
- One (1) Bariatric Advantage Ultra Solo Capsule with Iron* + 1200-1500 mg of calcium**/*** ($17.50 for 30 days when 90 capsules are purchased and synergy15 validation code is used) CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.
- One (1) Bariatric Advantage Ultra Solo Capsule without Iron* + 1200-1500 mg of calcium**/*** ($16.83 for 30 days when 90 capsules are purchased and synergy15 validation code is used) CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.

**Non-Bariatric Vitamin and Mineral Options**
- Two over the counter multivitamins and mineral supplements + 500 mcg B12 + 3,000 IU vitamin D3 + 45 mg iron** (you can use bariatric fusion iron soft chew) + B Complex + 1200-1500 mg calcium**/*** (between food and calcium supplement)--$22 for 30 days
- Prenatal vitamin + 12 mg vitamin B1 + 3,000 IU vitamin D3 + 350-500 mcg B12 + 1000-1200 mg of calcium**/*** (between food and calcium citrate supplements)

*Capsules can be opened and placed into food or fluid
** Take calcium and iron supplements at least two (2) hours apart
***Take calcium supplements in divided doses of no more than 600 mg at a time for best absorption. Calcium citrate supplements can be taken with or without food. Calcium carbonate supplements should be taken with food.
Synergy Bariatrics

Diet Progression after Bariatric Surgery (Post-Op Nutrition)

A Practical Guide for Patients

Dr. Christina Sanders
Dr. Liam Knott

30 N. Union Rd. Suite 104
Williamsville NY 14221
Phone: (716) 565-3990
Fax: (716) 565-3988
Weight Loss Surgery Nutrition Guide

Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diet Progression Rationale</td>
<td>1</td>
</tr>
<tr>
<td>The Four Stages/Textures of the Weight Loss Surgery Post-Op Diet</td>
<td>1</td>
</tr>
<tr>
<td>STAGE 1—Clear Liquids</td>
<td>2</td>
</tr>
<tr>
<td>STAGE 2—Low-Fat Full Liquids</td>
<td>3</td>
</tr>
<tr>
<td>STAGE 3—Pureed/Soft Foods</td>
<td>4, 5</td>
</tr>
<tr>
<td>STAGE 4—Healthy Solid Foods</td>
<td>6</td>
</tr>
<tr>
<td>Table of Recommended Foods on Healthy Food Plan</td>
<td>7, 8</td>
</tr>
<tr>
<td>Nutrition and Fluid Goals at Various Stages Post-Op</td>
<td>9</td>
</tr>
<tr>
<td>General Guidelines for Success</td>
<td>9, 10</td>
</tr>
<tr>
<td>Bariatric Vitamin Recommendations</td>
<td>10</td>
</tr>
<tr>
<td>Protein List and Tips</td>
<td>11</td>
</tr>
<tr>
<td>Understanding Hair Loss</td>
<td>12</td>
</tr>
<tr>
<td>Dumping Syndrome after Gastric Bypass</td>
<td>13</td>
</tr>
<tr>
<td>Behavior Modification Tips</td>
<td>14</td>
</tr>
</tbody>
</table>
Weight Loss Surgery Nutrition Guide

This guide will help you to make healthy food choices to ensure adequate nutrition from the reduced amounts of food and liquids you eat and drink after weight loss surgery (WLS). The diet progression specifically describes how to eat and drink for the 4-6 weeks after surgery, starting with liquids and moving on to solid foods over this time frame. You will learn how your diet should evolve over the next 6 weeks to ensure successful weight loss long term.

**Diet Progression:** The purpose of the diet progression is to allow adequate healing and recovery of the digestive tract after surgery. During the diet progression, textures of food eaten increase from liquid to pureed/soft foods as swelling decreases, allowing the food to pass through easier. Your goals include the following:

- Avoiding dehydration with adequate fluid intake.
- Preservation of lean muscle with adequate nutrition at each stage of recovery, focusing on protein.
- Preventing adverse side effects such as nausea, vomiting, discomfort and pain.
- Preventing specific nutrient deficiencies with adequate vitamin/mineral supplementation.

**In addition for gastric bypass patients:**

- Preventing adverse side effects such as “dumping”.

**The Four Stages/Textures of the WLS Post-Op Diet:**

1. CLEAR LIQUIDS
2. LOW-FAT FULL (CREAMY) LIQUIDS
3. PUREED/SOFT FOODS
4. HEALTHY SOLID FOODS (HIGH PROTEIN/LOW FAT/LOW SUGAR)

**Note:** Through all stages, if at any point you experience occasional vomiting after eating, diarrhea or cramping go back to the liquid stages and progress once symptoms subside. If symptoms continue and/or become more severe, call Synergy Bariatrics at (716) 565-3990.
Stage 1 – Clear Liquids
You will be allowed to drink clear liquids in the hospital. You will continue on clear liquids at home using them as your fluid source to avoid dehydration and will incorporate them with the next stages of the diet progression. **This stage will last about 1-3 days.**

**Recommended Liquids:**
- Water *(Preferred fluid source; Get at least 24-32oz. per day with the rest of needs met with other sources listed below)*
- Decaf Coffee & Tea *(In moderation)*
- Gelatin *(Preferably sugar-free)*
- Popsicles *(Preferably sugar-free)*
- Clear broth *(Preferably low-sodium)*
- Sugar-free drinks *(Ex: Crystal Light™, Propel™, Sugar-Free Kool-Aid™, Fruit2O™)*
- Diluted 100% fruit juices *(half water/half juice)*
- Sugar-free sweeteners *(Ex: Stevia™)*

1. Clear liquids should be consumed in small amounts. Try to consume 1oz of clear liquid every 15 minutes during waking hours to prevent dehydration. **STOP** drinking if you feel full.
2. **WORK UP TO A DAILY GOAL OF SIX TO EIGHT 8oz. CUPS (48-64oz.)** for adequate hydration. Check the color of your urine. If it’s a dark golden color you’re not getting enough fluid. If it’s light yellow your intake is good.
3. If you experience pain, nausea, or vomiting stop drinking. Wait a few hours and try again. **Extremely temperatures of liquids can also cause these symptoms (especially too cold).**

**Liquids to Avoid:**
- **Concentrated sweets/sugar added:** To prevent “dumping syndrome” in gastric bypass patients and prevent weight regain in the future.
- **Carbonation:** Because the carbonation process has been shown to take calcium away from bone stores and can contribute to excess gas.
- **Caffeine:** To slow down digestion during the diet progression. This in turn will promote healing. May be incorporated back in at Stage 2.
- **Alcohol:** Practice extreme moderation with intake due to the changes in alcohol metabolism; increased blood alcohol levels occur more rapidly after surgery.

**Note:** Through all stages, if at any point you experience occasional vomiting after eating, diarrhea or cramping go back to the liquid stages and progress once symptoms subside. If symptoms continue and/or become more severe, call Synergy Bariatrics at (716) 565-3990.
Stage 2 – Low Fat Full Liquids
You will be sent home from the hospital on Low Fat Full liquids. Stay on this stage until your first post-op visit (7-10 days), after you finish your clear liquid stage. Date of your first post-op appointment:__________.

Low Fat Full Liquids:
• All tolerated Clear Liquids from Stage 1
• Skim or 1% milk
• “Double-strength” milk (see recipe below)
• Light Soy or Unsweetened Almond Milk
• Lactaid® or Fairlife® 1% or fat free or skim milk (if lactose intolerant)
• Fat-free half & half
• Low-fat/Fat-free cream soups – strained (you can add protein powder)
• Thinned Cream of Wheat™, Perina™ or grits (you can add protein powder)
• Low-fat or nonfat/low-sugar or light yogurts (without seeds or fruit pieces)
• Low-fat or nonfat/sugar-free pudding (you can add protein powder)
• Protein drinks/shakes (low-calorie/low-sugar)

PROTEIN:
Strive toward a daily goal of at least 60 grams per day by adding an unflavored protein powder or nonfat powdered dry milk to increase the protein content of liquids and thickened liquid foods eaten. Try the ideas below to help you reach your goal.
• Make shakes, cereal and pudding with “double strength” milk to boost the protein content. RECIPE: Double Strength Milk = 1 cup skim or 1% milk mixed with 1/3 cup nonfat dry milk powder.
• Sprinkle unflavored whey protein powder into food and drinks during the day to increase your protein consumption without increasing the volume of the food consumed.

FLUID:
Sip clear liquids throughout the day. Attempt to consume 1oz of a clear liquid every 15 minutes throughout the day to ensure adequate fluid intake and hydration. In addition, attempt to consume 2-4oz of full liquid every 2-3 hours.

SAMPLE SCHEDULE FOR STAGE 2: Try to get in at least 10 grams of protein per meal or snack to assist in consuming at least 60 grams of protein per day.

8:00 AM ½ cup Cream of Wheat (With vanilla protein powder) 3:00 PM ½ cup fat-free, sugar free pudding (with unflavored protein powder)
10:00 AM ½ cup nonfat Greek yogurt 5:00 PM 4oz Protein Shake
12:00 PM 4oz Protein Shake 8:00 PM ½ cup nonfat Greek Yogurt

This sample meal plan will provide you with at least 60 grams of protein.
STAGE 3 – PUREED/SOFT FOODS *Start Bariatric Vitamin

Stay at this stage for 10 days. For the first 1-2 days follow the pureed recommended foods below. After 1-2 days on pureed foods you can begin to include soft foods. Make sure to chew soft foods well. Chew foods until they are pureed before swallowing. This will help with tolerance of soft foods.

If full liquids are tolerated the diet may advance to include pureed/soft foods. This stage includes pureed and soft high-protein low-fat foods such as tender lean meats, meat alternatives like tofu, low-fat dairy products like cottage cheese and scrambled eggs. It is important to make sure that all foods are blenderized or extremely soft and smooth in texture. Any healthy food choice can be blenderized with a small amount of liquid such as milk, water or broth. Protein powder or dry milk powder can be added to foods that are soft but do not contain protein such as applesauce or mashed potatoes.

Recommended Foods:

**Pureed (1-2 days):**
*All foods and beverages in Stages 1 and 2
*Tender cooked vegetables, blenderized
*Unsweetened fruits, blenderized
*Unsweetened applesauce
*Mashed potatoes, no fat added
*Baby food

**Soft (1 week):**
*Eggs, soft scrambled or poached
*Low fat cottage cheese
*Low fat cheese (mozzarella sticks)
*Canned chicken, turkey, tuna, crab or salmon
*Baked or broiled fish
*Ground meat or poultry

**PROTEIN:**

Continue to strive toward a daily protein goal of 60-80 grams PER DAY by adding protein powder or dry milk powder to foods that do not contain protein such as fruits and vegetables like applesauce or mashed potatoes.

- Focus on protein foods FIRST! Then you can eat other foods listed.
- Listen to your body – STOP when you feel full.

**FLUID:**

Your daily fluid goal is 48-64oz. from water and low-caloric beverages.

- Carry a water bottle with your favorite low-sugar/low-calorie beverages with you everywhere.
- Sip fluids slowly to avoid discomfort.
- **Avoid drinking too much with meals.** Small sips of liquics are OK.
  - Drinking too much water during meals can interfere with the natural levels of bile and acid in the stomach, slowing digestion. Reducing the ability of the digestive enzymes to properly digest foods could cause a build-up of toxic waste in the body.
  - Some patients may need to separate food and fluid based on what they are able to consume. If you are unable to consume adequate amounts of protein at meals and snack you may need to separate food and fluid.

**VITAMIN/MINERAL SUPPLEMENT:**

Remember to take your bariatric chewable multivitamin/mineral (MVO) supplement every day!

*Frequency of vitamins will depend on the procedure you have and the vitamin you choose.*
<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td>8 oz water</td>
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<tr>
<td>8:00 am</td>
<td>2-4 oz low fat (1-2%) cottage cheese (plain)</td>
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<tr>
<td>9:00 am</td>
<td>8 oz water, tea or coffee</td>
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<tr>
<td>11:00 am</td>
<td>2-4 oz unsweetened applesauce with 1/3 scoop of unflavored protein powder</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>8 oz water</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>2 oz pureed canned tuna&lt;br&gt; 1-2 tbsp mashed potatoes or unsweetened applesauce (add unflavored protein powder if additional protein needed)</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>8 oz Crystal Light®</td>
</tr>
<tr>
<td>4:00 pm</td>
<td>4-6 oz fat-free vanilla Greek yogurt or sugar free pudding with ½ scoop of protein powder</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>8 oz water with lemon</td>
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<tr>
<td>6:00 pm</td>
<td>2 oz pureed canned chicken&lt;br&gt; 1-2 tbsp pureed sweet potato or mashed potato</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>1 sugar free popsicle</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>8 oz water</td>
</tr>
<tr>
<td>7:00 am</td>
<td>8 oz coffee or tea (artificial sweetener is acceptable)</td>
</tr>
<tr>
<td>8:00 am</td>
<td>1 scrambled egg or 1 oz of low-fat cheese or ¼ cup 1-2% cottage cheese with 1-2 Tbsp banana</td>
</tr>
<tr>
<td>9:00 am</td>
<td>8 oz water, Crystal Light® or other beverage without carbonation or sugar</td>
</tr>
<tr>
<td>10:00 am</td>
<td>8 oz skim/1% milk/unsweetened almond milk with 1 scoop whey protein powder</td>
</tr>
<tr>
<td>11:00 am</td>
<td>8 oz water</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>2-3 oz tuna fish (made with low-fat/light mayonnaise)&lt;br&gt; 1-2 Tbsp unsweetened applesauce</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>8 oz water, Crystal Light® or other beverage without carbonation or sugar</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>8 oz water, Crystal Light® or other beverage without carbonation or sugar</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>¼ cup 1-2% cottage cheese&lt;br&gt; 1-2 Tbsp pureed fruit  or 8 oz skim/1% milk/unsweetened almond milk with 1 scoop whey protein powder</td>
</tr>
<tr>
<td>4:00 pm</td>
<td>8 oz water, Crystal Light® or other beverage without carbonation or sugar</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>2-3 oz chicken (very tender and moist; try in crock pot)&lt;br&gt; 1-2 tbsp soft cooked broccoli</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>4 oz sugar free Jell-O</td>
</tr>
<tr>
<td>8:00 pm</td>
<td>8 oz coffee or tea (artificial sweetener is acceptable)</td>
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</tbody>
</table>
STAGE 4 – HEALTHY SOLID FOODS (4-5 Weeks Post-Op)
Healthy solid foods start about four to five weeks after surgery.

- **Raw fruits with skins/seeds and vegetables** are usually tolerated at this point and can start to be added back into your diet approximately 6 weeks post-op. Start with one new food at a time and continue to experiment to widen variety of foods eaten.
- **“Gummy starches”** are better known as white pasta, rice and bread. For gastric bypass and sleeve patients, these foods can start to be added back at this point. However, crisp/toasted breads and crackers are usually tolerated without a problem and are appropriate sources of fiber to aid in regulating bowel function. Start with one new food at a time and continue to experiment to widen the variety of foods eaten.
- **“Tough meats”** (Roast beef, steaks, pork chops, roast pork). If it has to be cut with a knife, it’s probably too dense/dry. Cook your meats in a moist environment, or so they can be flaked apart with a fork!

While a healthy food plan includes all food groups it is important that the meal start with a high-protein food source. **Gastric bypass and Sleeve patients** should have 4-6 small meals per day with approximately 3-4 hours between them.

At this stage **liquids should be consumed between each meal**. Take small sips with meals to increase tolerance but wait 30 minutes after you eat before drinking again to avoid emptying the pouch of nutrients or filling up on fluid. Your multivitamin supplementation should continue to be part of your daily routine to avoid nutrient deficiencies in the future. The Healthy Solid Foods stage is described as follows:

- **High in lean protein** (60-80 grams per day- amount will increase as you progress) to avoid lean tissue loss with rapid weight loss.
- **Low in added sugars** (Less than 5 grams per serving) to avoid “dumping” syndrome for gastric bypass but and to avoid excess calories from high-sugar foods.
- **Low in total fat** (less than 5 grams per serving in animal products and processed foods, the exception is healthy fats) to help reduce potential for diarrhea and gas.
  - **Healthy fats should be consumed in moderation at meals** (olive oil, nuts, seeds and avocado). Tolerance to fat quantity varies from patient to patient.
- **Rich in fruits, vegetables and whole grains** (at least 20-30 grams of dietary fiber after about 4-6 weeks post-op) to aid in the return of bowel regularity and enhance nutritional quality of the diet.
  - **Soluble fiber helps to bulk stool if you are having diarrhea or loose bowel movements.**

*Serving = amount indicated on nutrition facts label
*Portion = amount actually consumed
Example: 1 serving of meat = 3oz. however with limited stomach pouch volume, amount eaten may be only 1oz. Therefore only 1/3 of protein, sugars, fat, fiber etc. will apply to intake.
Reintroducing a variety of foods back into your diet is very important. Individual tolerance will play a big role here. Remember to try new foods one at a time so if something does bother you, you know which food it was.

<table>
<thead>
<tr>
<th>RECOMMENDED FOODS: Healthy Food Plan</th>
<th>FOODS TO AVOID: Stage 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Soft scrambled/poached eggs</td>
<td>*“Tough” meats (Roast beef, steaks, pork chops, roast pork) †</td>
</tr>
<tr>
<td>*Egg whites/egg substitutes (Eggbeaters™)</td>
<td>*Hot dogs</td>
</tr>
<tr>
<td>*White meat chicken (May use canned)</td>
<td>*Bologna</td>
</tr>
<tr>
<td>*White meat turkey</td>
<td>*Sausage</td>
</tr>
<tr>
<td>*Tuna (In water)</td>
<td>*Bacon</td>
</tr>
<tr>
<td>*Broiled/baked fish</td>
<td>*Spare ribs</td>
</tr>
<tr>
<td>*Deli meats (Low-fat)</td>
<td>*Regular cheese</td>
</tr>
<tr>
<td>*Skim or 1% milk</td>
<td>*Peanut Butter †</td>
</tr>
<tr>
<td>*Unsweetened Soy milk</td>
<td>*Whole milk</td>
</tr>
<tr>
<td>*Fat-free half &amp; half</td>
<td>*2% milk</td>
</tr>
<tr>
<td>*Low-fat sour cream</td>
<td>*Chocolate milk</td>
</tr>
<tr>
<td>*Light/low-fat yogurts (Dannon Light &amp; Fit™)</td>
<td>*Half &amp; half</td>
</tr>
<tr>
<td>*Sugar-free/fat-free pudding</td>
<td>*Regular sour cream</td>
</tr>
<tr>
<td>*String cheese</td>
<td>*Regular yogurt</td>
</tr>
<tr>
<td>*Reduced fat cheeses</td>
<td>*Regular pudding</td>
</tr>
<tr>
<td>*Low-fat cream soups</td>
<td>*Regular cottage cheese</td>
</tr>
<tr>
<td>*Low-fat/non-fat cottage cheese</td>
<td>*Regular cream soup</td>
</tr>
<tr>
<td>*Low-fat/non-fat cream cheese</td>
<td>*Regular cream cheese</td>
</tr>
<tr>
<td>*Low-lactose/lactose-free skim milk</td>
<td>*Heavy cream</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Carbohydrate</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Malt-O-Meal™</td>
<td>*White bread †</td>
</tr>
<tr>
<td>*Cream of Wheat™</td>
<td>*Pasta †</td>
</tr>
<tr>
<td>*Cream of Rice™</td>
<td>*Rice †</td>
</tr>
<tr>
<td>*Oatmeal</td>
<td>*Sweetened cereal</td>
</tr>
<tr>
<td>*Corn/rice-based cereals (Cheerios™)</td>
<td>*High-fiber cereal †</td>
</tr>
<tr>
<td>*Mashed potatoes (Low-fat)</td>
<td>*Granola</td>
</tr>
<tr>
<td>*Baked potato without skin</td>
<td>*Sweet rolls</td>
</tr>
<tr>
<td>*Whole wheat bread (Toasted)</td>
<td>*Doughnuts</td>
</tr>
<tr>
<td>*Whole wheat crackers (Example: Reduced Fat Triscuits™)</td>
<td>*Croissants</td>
</tr>
<tr>
<td>*Low-fat granola</td>
<td>*Sweet breads with nuts or dried fruit</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Tender-cooked vegetables (carrots, etc.)</td>
<td>*Corn, peas</td>
</tr>
<tr>
<td>*Tomato juice (No more than 4-6oz./day)</td>
<td>*Fried vegetables</td>
</tr>
<tr>
<td>*V-8 juice (No more than 4-6oz./day)</td>
<td>*Vegetables in cheese sauce</td>
</tr>
<tr>
<td></td>
<td>*Celery, baby carrots (raw) †</td>
</tr>
<tr>
<td></td>
<td>*Vegetables with tough skins or large seeds †</td>
</tr>
<tr>
<td></td>
<td>*Stringy vegetables (asparagus)</td>
</tr>
<tr>
<td></td>
<td>*Lettuce †</td>
</tr>
</tbody>
</table>

† indicates possible “texture” problem early on
<table>
<thead>
<tr>
<th>Fruits</th>
<th>Fruits</th>
</tr>
</thead>
</table>
| *Tender fruits without peels/seeds (Bananas, cantaloupe, honeydew)  
*Unsweetened soft, canned fruits  
*Unsweetened applesauce  
*Fruit juice, diluted (No more than 4-6oz./day) | *Fruits with tough skins, shells or large seeds†  
*Dried fruits †  
*Fruits canned in heavy syrup |

<table>
<thead>
<tr>
<th>Miscellaneous</th>
<th>Miscellaneous</th>
</tr>
</thead>
</table>
| *Broth (Preferably low-sodium)  
*Sugar-free gelatin  
*Artificial sweeteners in moderation (Truvia)  
*Herbs  
*Spices  
*Lemon juice  
*Low-fat margarine  
*Low-fat mayo  
*Low-fat salad dressing  
*Sugar-free popsicles | *Regular gelatin  
*Pies  
*Cakes  
*Cookies  
*Butter/margarine  
*Salad dressing  
*Nuts †  
*Potato chips  
*Corn chips  
*Chocolate  
*Ice cream  
*Candy  
*Jam/Jellies  
*Honey  
*Sugar |

<table>
<thead>
<tr>
<th>Beverages</th>
<th>Beverages</th>
</tr>
</thead>
</table>
| *Water  
*Decaf coffee  
*Decaf tea  
*Crystal Light™  
*Sugar-free Kool-Aid™  
*Veryfine Fruit²O™  
*"Light" juices  
*Diluted fruit juices | *Soft drinks  
*Carbonated drinks of any kind  
*Sweetened fruit drinks  
*Gatorade/Standup/SoBe  
*Sweetened gourmet coffees  
*Sweetened ice tea  
*Alcohol † |

† indicates possible “texture” problem early on. These foods can be reintroduced into your Healthy Eating Plan over time dependent on individual tolerance. Caution is recommended with those foods that are naturally high in fat.

**MODERATION IS KEY!**
**GENERAL GUIDELINES AFTER WEIGHT LOSS SURGERY**

**NUTRITION AND FLUID GOALS AT VARIOUS STAGES POST-OP:**

<table>
<thead>
<tr>
<th>DAILY GOALS</th>
<th>Less than 1 month post-op</th>
<th>1-6 months post-op</th>
<th>More than 6 months post-op</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLUIDS</td>
<td>≥48-64 ounces</td>
<td>≥48-64 ounces</td>
<td>≥48-64 ounces</td>
</tr>
<tr>
<td>**<em><strong>to be consumed BETWEEN meals</strong></em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CALORIES</td>
<td>≥600-800</td>
<td>≥800 - 1000</td>
<td>≥1000 - 1400</td>
</tr>
<tr>
<td>PROTEIN</td>
<td>≥60 grams</td>
<td>≥60 – 80 grams</td>
<td>≥80-100 grams (dependent on activity level)</td>
</tr>
<tr>
<td>CARBOHYDRATES</td>
<td>60-100 grams</td>
<td>90-130 grams</td>
<td>90-150 grams (depending on activity level)</td>
</tr>
<tr>
<td>FAT</td>
<td>15-20 grams</td>
<td>20-40 grams</td>
<td>40-60 grams</td>
</tr>
<tr>
<td>FIBER</td>
<td>Less than 20 grams</td>
<td>20-25 grams</td>
<td>25-35 grams</td>
</tr>
</tbody>
</table>

*Food journaling is always encouraged. Using paper food journals or an app like myfitnesspal or baritastic can help you keep track of your macronutrient consumption.*

**GENERAL GUIDELINES FOR SUCCESS:**

1. **Eat 4-6 small meals snacks per day.** A meal or snack could be 2-4 ounces of protein and ¼ cup or less of a fruit, vegetable or whole grain. As your stomach pouch capacity increases, larger portions may be eaten and in between meal snacks should be reduced or stopped.

2. **Good, well-balanced nutrition is important.** Lean protein first! However, for your body to use protein properly you need to eat adequate complex carbohydrates as well. Eventually your diet will include more fruit, vegetables and whole grains.

3. **Your body needs approximately 60-100g lean protein per day.** Protein is needed for post-op healing, maintenance of body structures and preservation of muscle tissue. In the beginning you may need to eat mostly protein to achieve an appropriate daily intake.

4. **Fluids must be continually sipped all day long to prevent dehydration.** You should wait until 30 minutes after your meal to start drinking again.

5. **Eat slowly.** Chew slowly and to a pureed consistency - at least 20 times! Remember that the stomach can hold only 1-2oz. after surgery. Overeating or eating too rapidly may cause nausea/abdominal pain/vomiting.

6. **Avoid lactose if you are or become lactose-intolerant.** You may use products like soy-milk, rice-milk, Lactaid™ milk or tablets.
7. **Become familiar with reading labels.** Labels are a great source of information and give you in-depth information about the product you are purchasing (such as the amount of fat, protein, carbohydrate, sugar and fiber it contains). Guidelines are as follows:

- **Fat – 5 or less grams per serving in animal products (meat, cheese)**
- **5-15 grams of fat per meal/snack based on patient tolerance**
- **Sugars – 5 or less grams per serving**
  
  i. The exception is yogurt and milk, keep the sugar to 8 or less grams of sugar per serving, yogurt and milk have natural sugar
  
  ii. No added sugar, sugar substitutes are OK

8. **Choose low-fat or fat-free products when available.** Fatty foods are high in calories and will hinder your weight loss if consumed in high amounts. Use caution with products labeled “fat-free” and “reduced-fat” as they may contain more sugar and/or calories than regular versions of these products.

9. **Choose sugar-free products when available.** Consuming high-sugar foods/beverages can cause a condition known as DUMPING SYNDROME in gastric bypass patients. Use caution when a product claims “no added sugar” or when fruit products claim “unsweetened”. These products still may contain a substantial amount of sugar identified in the ingredients list as sugar or its many forms as one of the 1st five ingredients.

10. **When cooking meats use moist-heat methods and do not overcook.** This makes them difficult to digest. Moist-heat methods include stewing, boiling, braising and steaming. You may also add small amounts of fat-free sauces to meats to make them easier to chew/swallow.

11. **Try to rule out intolerance by introducing one food at a time.** What you can’t tolerate at first may be more acceptable in a few weeks.

12. **Multivitamin/mineral supplement every day.** Here are some examples of recommended bariatric multivitamins:

   1. Four (4) Bariatric Fusion multivitamin and mineral chewables per day ($22 for 30 days when SYNERGY20 code is used)
   2. Two (2) Bariatric Fusion multivitamin soft chews + one (1) bariatric fusion iron soft chew*** 1200-1500 mg of calcium**/*** ($35 for 30 days when SYNERGY20 code is used)
   3. 1 per day Bariatric Fusion Multivitamin Capsule with Iron* + 1200-1500 mg of calcium**/*** ($14.40 for 30 days when SYNERGY20 code is used and you purchase the 90 day supply). Kosher
   4. One (1) Bariatric Advantage Ultra Solo Capsule with Iron* + 1200-1500 mg of calcium**/*** ($14.03 for 30 days when 90 capsules are purchased and synergy15 validation code is used) **CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.**
   5. One (1) Bariatric Advantage Ultra Solo Capsule without Iron* + 1200-1500 mg of calcium**/*** ($14.15 for 30 days when 90 capsules are purchased and synergy15 validation code is used) **CONTAINS VITAMIN K. Do not take if on warfarin. NOT Kosher.**
   6. Two over the counter multivitamins and mineral supplements + 500 mcg B12 + 3,000 IU's vitamin D3 + 45 mg iron** (you can use bariatric fusion iron soft chew) + B Complex + 1200-1500 mg calcium**/*** (between food and calcium supplement) --$22 for 30 days
   7. Prenatal vitamin + 12 mg vitamin B1 + 3,000 IU's vitamin D3 + 350-500 mcg B12 + 1000-1200 mg of calcium**/*** (between food and calcium citrate supplements)

**NOTE:** It is much harder to come back from a deficiency than it is to prevent it with the right supplementation from the start.
<table>
<thead>
<tr>
<th>Time</th>
<th>LEAN PROTEIN</th>
<th>CARBOHYDRATE (FIBER)</th>
<th>HEALTHY FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>BREAKFAST</td>
<td>eggs (and cheese)</td>
<td>rye toast</td>
<td>olive oil</td>
</tr>
<tr>
<td>15-30 grams of protein** FIRST then fiber and healthy fat</td>
<td>diced ham/turkey</td>
<td>apple slices</td>
<td>all natural peanut butter</td>
</tr>
<tr>
<td></td>
<td>Canadian bacon</td>
<td>whole wheat toast</td>
<td>cashew butter</td>
</tr>
<tr>
<td></td>
<td>poultry sausage</td>
<td>bagel thin</td>
<td>walnuts</td>
</tr>
<tr>
<td></td>
<td>0% Greek yogurt</td>
<td>whole wheat English muffin</td>
<td>avocado</td>
</tr>
<tr>
<td></td>
<td>cottage cheese</td>
<td>banana</td>
<td>chia seeds</td>
</tr>
<tr>
<td></td>
<td>lean ham steak</td>
<td>oatmeal</td>
<td>flax seed meal</td>
</tr>
<tr>
<td>LUNCH</td>
<td>turkey</td>
<td>baby carrots</td>
<td>hummus</td>
</tr>
<tr>
<td>15-30 grams of protein** FIRST then fiber and healthy fat</td>
<td>tuna</td>
<td>broccoli</td>
<td>olives</td>
</tr>
<tr>
<td></td>
<td>chicken breast</td>
<td>salad</td>
<td>olive oil</td>
</tr>
<tr>
<td></td>
<td>ham</td>
<td>whole wheat bread</td>
<td>guacamole</td>
</tr>
<tr>
<td></td>
<td>light cheese</td>
<td>sandwich thin</td>
<td>almonds</td>
</tr>
<tr>
<td></td>
<td>2% cheese stick</td>
<td>light flat out</td>
<td>cashews</td>
</tr>
<tr>
<td></td>
<td>low fat roast beef</td>
<td>beets</td>
<td>sunflower seed butter</td>
</tr>
<tr>
<td></td>
<td>canned chicken</td>
<td>baby spinach (for salad)</td>
<td>almond butter</td>
</tr>
<tr>
<td></td>
<td>Greek yogurt</td>
<td>banana</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cottage cheese</td>
<td>pear</td>
<td></td>
</tr>
<tr>
<td>DINNER</td>
<td>90%-95% lean hamburger</td>
<td>mashed potatoes (no butter)</td>
<td>olive oil</td>
</tr>
<tr>
<td>15-30 grams of protein** FIRST then fiber and healthy fat</td>
<td>Cabot ® light cheese</td>
<td>triscuits</td>
<td>avocado</td>
</tr>
<tr>
<td></td>
<td>chicken breast</td>
<td>spinach</td>
<td>guacamole</td>
</tr>
<tr>
<td></td>
<td>pork loin</td>
<td>applesauce</td>
<td>hummus</td>
</tr>
<tr>
<td></td>
<td>sirloin steak</td>
<td>baked potato/spray butter</td>
<td></td>
</tr>
<tr>
<td></td>
<td>97-99% lean ground turkey</td>
<td>mashed cauliflower</td>
<td></td>
</tr>
<tr>
<td></td>
<td>salmon or fish</td>
<td>sweet potato</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ground chicken</td>
<td>green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>shrimp or crab</td>
<td>broccoli</td>
<td></td>
</tr>
<tr>
<td></td>
<td>poultry sausage</td>
<td>peppers and onions</td>
<td></td>
</tr>
<tr>
<td>SNACKS</td>
<td>turkey tenderloin</td>
<td>whole wheat roll</td>
<td>slivered almonds</td>
</tr>
<tr>
<td>1-3 depending on needs</td>
<td>cottage cheese</td>
<td>triscuits</td>
<td>peanuts</td>
</tr>
<tr>
<td></td>
<td>Cabot ® light cheese</td>
<td>wheat thins</td>
<td>cashews</td>
</tr>
<tr>
<td></td>
<td>0% Greek yogurt</td>
<td>apple</td>
<td>all natural peanut butter</td>
</tr>
<tr>
<td></td>
<td>light yogurt</td>
<td>baby carrots</td>
<td>hummus</td>
</tr>
<tr>
<td></td>
<td>reduced fat cheese stick</td>
<td>beets</td>
<td>cashew butter</td>
</tr>
<tr>
<td></td>
<td>Bariatric Fusion Shake</td>
<td>cantaloupe</td>
<td>sunflower seed butter</td>
</tr>
<tr>
<td></td>
<td>chicken breast</td>
<td>strawberries</td>
<td>pumpkin seeds</td>
</tr>
</tbody>
</table>

**1oz of meat/cheese ~= 7 grams of protein

Divide grams of carbohydrate evenly
between meals/snacks, 15-30 grams of carbohydrate per meal/snack is typical

Divide grams of fat evenly
between meals/snacks
10-15 grams of fat per meal/snack is typically well tolerated
Understanding Hair Loss after Bariatric Surgery

Hair loss after bariatric surgery is very common and very stressful. The hair loss associated with bariatric surgery usually starts abruptly and very seldom lasts longer than 6 months. Human hair has a two stage growth cycle: growth phase and resting phase. About 5-15% of our hair is in the resting phase at any given time. Due to the stress more hair follicles can enter into the resting phase. This is important because the hair in the resting phase at the time of surgery is most likely the hair you will shed. This is why your hair sheds between 1 to 6 months after surgery (usually about 3 to 4 months). When the hair starts to grow again the old hair follicle is released and you lose hair. Sometimes the hair comes out before new hair grows, yikes!

So, what we have here are a few things that may be affecting people with hair loss. It starts with surgery, a low calorie intake and possibly low protein intake. Then you add illness along the way, an underactive thyroid, iron deficiency, or genetics and you get hair loss of about 5-15% of your hair follicles. Other nutrients implicated in hair loss include zinc, biotin, folate, vitamin B-6 and essential fatty acids. If no deficiency of these nutrients exists, then they will likely be of little use. **The good news is that you can count on the hair returning** unless you have a chronic illness or genetic reason for the hair thinning.

- **Relax and don’t worry.** It is natural hair loss of 5-15% of your hair due to the stress of surgery and weight loss. It rarely lasts more than 6 months. **It grows back!**
- Visit your primary care doctor to be evaluated for any illness or non-nutritional reason for hair loss such as thyroid disease or other chronic illnesses.
- Follow our dietary prescription which calls for limited calories and exceptional diverse protein intake on a daily basis. DO NOT add a lot of protein and increase your calories so much that you sabotage your weight loss. **Obesity kills, not a little hair loss!**
- Take a bariatric specific multi-vitamin with adequate B vitamins, folate, zinc and biotin. Don’t forget your B12 and calcium citrate with vitamin D supplements.
- Avoid excessive vitamin A and high dose zinc supplements - they are potentially harmful.
- Add iron if you are iron deficient based on your lab findings.
- Consider adding an additional B-complex. The B vitamins are not generally toxic and the extra B vitamins with biotin may help keep your metabolism running smoothly.
- Eat fish rich in omega-3 fatty acids several times a week or supplement with fish oil.
DUMPING SYNDROME
Concentrated Sweets to Avoid after Weight Loss Surgery
(Keep sugar intake to 5 grams or less per portion)

DUMPING SYNDROME:
After *gastric bypass* surgery, your body is more prone to a condition
called the dumping syndrome. It is usually caused by eating high-sugar
foods and beverages otherwise known as *concentrated sweets.*
Dumping syndrome is usually divided into “early” and “late” phases. In
fact, a patient usually experiences a combination of these events and
there is no clear-cut division between them.

Early Dumping Syndrome: When foods/beverages high in sugar are
consumed, water from the body can rush into the small bowel and
produce cramping pain, vomiting, diarrhea, rapid heartbeat and/or
sweating.

Late Dumping Syndrome: Rapid absorption of a relatively small
amount of sugar in the small bowel can cause blood sugars (or blood
glucose) to spike upward. When this happens the body releases insulin
to bring the blood glucose level back down to normal limits. Since the
original amount of sugar was a small amount, it does not sustain the
increase of insulin and the blood glucose level falls below normal limits.
This condition is known as hypoglycemia (low blood sugar) and causes
the individual to feel weak, sleepy and profoundly fatigued.

* Ice cream
* Chocolate milk
* Regular pudding
* Sweetened, fruited or
  frozen yogurts
* Dried fruits
* Canned/frozen fruits
  in syrup
* Fruit juice
* Sugar-coated cereals
* Doughnuts
* Popsicles
* Cakes
* Pies
* Cookies
* Regular soft drinks

* Lemonade
* Kool Aid™
* Sugared ice tea
* Snapple™/fruit drink
* Gatorade™
* Table sugar
* Honey
* Candy
* Jell-O™
* Sugar gum
* Molasses
* Syrups
* Sherbet/Sorbet
* Jam/Jellies
BEHAVIOR MODIFICATION TIPS

1. Keep a record of everything you eat and drink (food diary).
2. Use smaller plates/bowls to make a meal appear larger and take smaller portions.
3. Slow down. Allow at least 20 minutes to eat.
4. Concentrate on taste and texture of food.
5. Do not eat standing up.
6. Do not watch television or do any other activity while eating - make eating an event in itself.
7. Eat at the table with a special place setting even if you are alone. Never eat “all over the house”.
8. Avoid buffets.
10. Plan an activity to do after dinner instead of eating if this is your usual snack time.
11. If possible, take a walk after dinner.
12. Keep leftovers in an opaque, labeled container so you won’t see it when opening the refrigerator.
14. Develop a hobby instead of eating while watching television.
15. Plan menus at least one day in advance.
16. Never shop for food on an empty stomach. Always take a list from a pre-planned menu.
17. Treat yourself to a non-food-related reward for not overeating.
18. Try not to think of your eating plan as a diet. You are developing new eating behaviors which will assist in weight loss as well as improved health.
Patient Discharge Instructions
Laparoscopic Vertical Sleeve Gastroctomy (LVSG)
Laparoscopic Roux-en-Y Gastric Bypass (LRYGB)

These instructions are meant to be a general guide to assist you in the first weeks of recovery after bariatric surgery, after you are released from the hospital. If you have any questions or problems, please do not hesitate to contact our office at (716) 565-3990. If you feel you need to be seen immediately, please go to the ER at Erie County Medical Center (ECMC) or go to the nearest emergency room.

Activity:
- It is OK to shower. It is NOT OK to take a bath or go into a pool or Jacuzzi for at least 2 weeks after surgery.
- You should take your incentive spirometer home with you. Use it hourly.
- You should take short walks every few hours to lower your risk of blood clots.
- You may climb stairs but go slowly and hold the handrail.
- Do not drive, operate machinery or make any major decisions while you are taking prescription pain medication.
- No heavy lifting (over 10-15 pounds) for 3 weeks.
- Do not sit for extended periods of time. Flex/extend your lower extremities at knees and ankles or lie with your feet up.

Follow-up Care: Your first post-operative follow-up appointment has already been scheduled. If you have medical questions or problems that cannot wait until your follow-up visit, please call sooner.
Please call the office if you have:
- Persistent nausea/vomiting and you are unable to keep fluids/food down.
- Persistent chest, shoulder, abdominal or leg pain.
- If your pain gets worse, not better.
- Temperature elevation of 101°F or greater.
- Any unusual shortness of breath or trouble breathing.
- Look at your incisions in the mirror every day. It is common to have a few drops of bloody or clear yellow fluid from the incision(s). Call if there are more than a few drops, or if the drainage is foul smelling, thick, or discolored. Call if there is redness on the skin extending more than a half an inch from the incision.

Lovenox: You may need Lovenox for 2 weeks after discharge. Lovenox will be ordered with all of your other pre/post op medications. If you will be using Lovenox at home, you will be taught to administer the injections by your nurse. Please remind the nurse in the hospital that you will be using Lovenox at home!

If you have diabetes or hypertension, it is very important to contact your primary doctor to schedule an appointment within 3-4 weeks of discharge. Your primary doctor will need to closely monitor your medications during your rapid weight loss phase. Although some of your medications will be put on hold immediately after surgery, it will be necessary for your primary doctor to decide when and how your medications will need to be resumed.

Patients with high blood pressure MUST purchase a blood pressure cuff to monitor blood pressure at home. These can be purchased at any pharmacy for around $20. Please be sure to purchase one with a large cuff if needed. You should be checking your blood pressure twice daily, once in the morning and once in the evening and provide those readings at your first post-op appointment.
Exercise Timeline

Today
- Continue current exercise routine

Surgery
- Short walks at the hospital

1 Week
- Short walks around the house (~5 minutes)
- No lifting over 10 pounds
- Avoid abdominal activity (crunching, stretching up, reaching down, twisting, lifting or pushing). Avoid lifting small children or walking large dogs.

7-10 Days
- 1st post-op appointment

2 Weeks
- Return to work (minimum of 2 weeks may be given)
- Daily walk of 20-30 minutes
- Same lifting and abdominal restrictions

3 Weeks
- Daily walk of 30-45 minutes
- Same abdominal restrictions
- May start resistance band exercises

4 Weeks
- Return to work (maximum of 4 weeks may be given)/Exercise clearance
- Increase strength exercises: resistance band, light dumbbells, machines
- Increase cardio exercise: walking, biking, elliptical, stairs, swimming, etc.

6-8 Weeks
- 2nd post-op appointment

The American College of Sports Medicine recommends that most adults engage in:
- Moderate-intensity cardiorespiratory exercise training for at least 30 minutes daily on at least 5 days per week, for a total of at least 150 minutes per week, OR
- Vigorous-intensity cardiorespiratory exercise training for at least 20 minutes per day on at least 3 days per week (≥75 minutes per week), OR
- A combination of moderate- and vigorous-intensity exercise at least 20-30 minutes on 3-4 days per week
- The level of intensity (target heart rate) for moderate physical activity should be at least 55% to 65% of your maximum heart rate. (You can estimate your maximum heart rate by subtracting your age from 220.) You can quickly determine if your intensity is too high by taking the "talk test"; if you cannot maintain a conversation with your exercise partner while exercising, then your intensity is too high.

- On 2-3 days per week, adults should also perform resistance exercises for each of the major muscle groups (chest, shoulders, back, hips, legs and abdomen).
### Sample Beginner Adult Exercise Program

<table>
<thead>
<tr>
<th>Week</th>
<th>Aerobic</th>
<th>Resistance</th>
<th>Stretching</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>3 days per week&lt;br&gt;20 min per day&lt;br&gt;Light intensity</td>
<td>2 days per week&lt;br&gt;One set&lt;br&gt;8-12 reps of 6 exercises</td>
<td>2 days per week&lt;br&gt;10 minutes</td>
<td>An easy beginning aerobic activity is walking at a comfortable pace</td>
</tr>
<tr>
<td>3-4</td>
<td>3 days per week&lt;br&gt;20-30 min per day&lt;br&gt;Light to moderate intensity</td>
<td>2 days per week&lt;br&gt;One or two sets&lt;br&gt;8-12 reps of 6 exercises</td>
<td>2 days per week&lt;br&gt;10 minutes</td>
<td>Focus will be getting comfortable with at least 20 minutes of aerobic exercise at least 3 days per week</td>
</tr>
<tr>
<td>5-7</td>
<td>3 or 4 days per week&lt;br&gt;30-40 min per day&lt;br&gt;Moderate intensity</td>
<td>2 days per week&lt;br&gt;Two sets&lt;br&gt;8-12 reps of 6 exercises</td>
<td>2 days per week&lt;br&gt;10 minutes</td>
<td>Focus will be on getting comfortable with up to 40 minutes of aerobic exercises at least 3 days per week; this can be achieved by adding 5-10 minutes per session</td>
</tr>
<tr>
<td>8-10</td>
<td>3 or 4 days per week&lt;br&gt;35-50 min per day&lt;br&gt;Moderate intensity</td>
<td>2 days per week&lt;br&gt;Two sets&lt;br&gt;8-12 reps of 6 exercises</td>
<td>2 days per week&lt;br&gt;10 minutes</td>
<td>Over these 8-10 weeks, you will develop a good aerobic fitness base. For some variety, other activities such as biking or swimming can be included.</td>
</tr>
</tbody>
</table>

Normal, daily activities do not count as exercise. Exercise is something you do in addition to your daily routine.

There are 168 hours in a week. If you work 40 hours per week and sleep 50-55 hours per week, you are left with about 75 hours per week of additional time. It is possible to spend 2-1/2 to 3 hours of this time exercising.
Examples of Resistance Training Exercises for Major Body Areas

Resistance training can be done using free weights, machines, resistance bands or body weight.

<table>
<thead>
<tr>
<th>Body Area</th>
<th>Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hips and legs (gluteals, quadriceps,</td>
<td>• Machine leg press</td>
</tr>
<tr>
<td>hamstrings)</td>
<td>• Dumbbell squat</td>
</tr>
<tr>
<td></td>
<td>• Leg lunge (with or without resistance band)</td>
</tr>
<tr>
<td></td>
<td>• Wall sits</td>
</tr>
<tr>
<td>Legs (quadriceps)</td>
<td>• Machine leg extension</td>
</tr>
<tr>
<td></td>
<td>• Band leg raises</td>
</tr>
<tr>
<td>Legs (hamstrings)</td>
<td>• Machine leg curl</td>
</tr>
<tr>
<td>Chest (pectoralis)</td>
<td>• Machine chest press</td>
</tr>
<tr>
<td></td>
<td>• Dumbbell chest press</td>
</tr>
<tr>
<td></td>
<td>• Band chest press or fly</td>
</tr>
<tr>
<td></td>
<td>• Push-Up</td>
</tr>
<tr>
<td>Back (latissimus dorsi)</td>
<td>• Machine lat pull-down</td>
</tr>
<tr>
<td></td>
<td>• Machine seated row</td>
</tr>
<tr>
<td></td>
<td>• Dumbbell one-arm row</td>
</tr>
<tr>
<td></td>
<td>• Band seated row</td>
</tr>
<tr>
<td>Shoulders (deltoid)</td>
<td>• Machine overhead press</td>
</tr>
<tr>
<td></td>
<td>• Dumbbell lateral raise</td>
</tr>
<tr>
<td></td>
<td>• Band lateral/front raise</td>
</tr>
<tr>
<td>Arms (biceps)</td>
<td>• Machine biceps curl</td>
</tr>
<tr>
<td></td>
<td>• Band biceps curl</td>
</tr>
<tr>
<td>Arms (triceps)</td>
<td>• Machine triceps pull-down</td>
</tr>
<tr>
<td></td>
<td>• Dumbbell lying triceps extension</td>
</tr>
<tr>
<td></td>
<td>• Band triceps extension</td>
</tr>
<tr>
<td>Low back (erector spinae)</td>
<td>• Machine back extension</td>
</tr>
<tr>
<td></td>
<td>• Plank</td>
</tr>
<tr>
<td>Abdominals</td>
<td>• Machine abdominal curl</td>
</tr>
<tr>
<td></td>
<td>• Plank</td>
</tr>
<tr>
<td></td>
<td>• Russian twists (obliques)</td>
</tr>
<tr>
<td></td>
<td>• Flutter kicks (lower abdominals)</td>
</tr>
</tbody>
</table>

***If you do not incorporate resistance training into your exercise regimen, you will lose muscle mass** as you lose weight after surgery.
Exercise Band Basics

Resistance band exercises may begin 3 weeks after surgery

- **Bicep Curl** (Biceps): Step with both feet on the band. Hold handles with palms out, bend at the elbow and lift up to the shoulders. Slowly lower back down to starting position.

- **Front and Side Raise** (Shoulders): Step with both feet on the band. With palms down and arms straight, raise arms up straight, without shrugging your shoulders. Slowly lower back down to starting position. Repeat the motion, raising arms to the sides. Alternate raising to the front and then to the side.

- **Upright Row** (Upper Back/Shoulders): Step with both feet on band. Switch your hands so that the band is crossed. Pull the band straight up toward your chest, elbows sticking out.

- **Tricep Extension** (Triceps): Hold one handle, palm up, above your head and let the band dangle behind your back. Reach behind with the other hand and grab the band. Point your elbow to the front and raise your hand up to the ceiling.

- **Fly** (Chest): Secure the band at medium height on your side and grab one handle with your hand, arm extended out at shoulder height, palm facing forward. Pull the handle in until it is in front of your chest and allow it to slowly return after a short pause. Keep your arm extended (or close to it) throughout.

- **Side Kicks** (Glutes, Outer and Inner Thighs): Stand with both feet on the band. Keeping the right foot in place, kick the left foot out. Repeat with the opposite leg.

- **Squat** (Legs): Step with both feet on the band. Crouch down and hold the handles with your hands on each side of your shoulders, palms facing forward. Push yourself up by extending your legs and allow yourself slowly back down after a short pause.

- **Leg Raises** (Quadriceps): Fold the band in half and set it on the ground. Step with one foot near the handles and the other foot through the loop. Lift the foot that is through the loop straight up to the front. Repeat with the other leg.

The Most Important Core Exercise: The Drawing in Maneuver

The drawing in maneuver is the most important core exercise to master. It is simple to perform and it helps to re-train the deep core muscles. You can perform the exercise in many positions, but let’s look at lying on your back.

**Starting Position:** Lie on your back, with your knees bent and your feet flat.

**Form:** Simply pull your belly button in and towards your spine. Try to get your belly button all the way to your back. Hold for 10 seconds and then release. Repeat 10 times.

**Personal Training Tips:** You can use an object to make sure you’re doing this exercise correctly. Place the object over your belly button and attempt to lower the object as much as you can.

This exercise is different from flexing your abs. When you flex your abs, your stomach stays the same size and just tightens. For this exercise, you need to pull in and reduce the size of your waist.

When performing other core exercises keep the drawing in maneuver in mind. When a trainer or therapist says to pull in your abs, they are referring to the drawing in maneuver.

If you have suffered from lower back pain in the past the drawing in maneuver is an important core exercise for you to master.

If you want to support good posture and protect your lower back, you should use the drawing in maneuver in your core exercise program and also incorporate it into your regular workouts.
EXERCISE AFTER WEIGHT LOSS SURGERY

You already know that surgery is not a miracle. It takes a lot of physical and mental work. You are expected to bring exercise into your life as you lose weight. It not only helps weight loss and maintenance efforts but helps with preservation of lean muscle mass.

Physical benefits are not all you get with regular exercise. Staying active promotes mental well-being, relieves stress and reduces feelings of depression or anxiety. You feel good about your body when you exercise regularly and therefore have a healthier body image.

Even moderate daily physical activity totaling 30 minutes can offer health benefits. A combination of two types of exercise—aerobic and resistance training—is most effective.

Aerobic exercise (walking, jogging, dancing and swimming) causes your heart and lungs to work harder and builds fitness, which increases your body’s ability to use oxygen. Aerobic exercise also burns calories to help you achieve your weight goal and maintain weight long-term.

Resistance training (weight lifting, ball and band work, leg lifts, squats, etc.) build muscle and slow bone loss. As you build muscle your body becomes more toned and burns calories more efficiently. Do resistance exercises for 30 minutes 2-3 days per week and avoid exercising the same muscles two days in a row as they need time to recover. Abdominal muscles can be worked daily.

Many health clubs and gyms offer individual training services and programs designed especially for people with health problems. If it has been some time since you’ve exercised regularly it’s best to start slowly. Begin with as little as 5 minutes a day and add 5 more minutes each week until you can stay active for a minimum of 30 minutes per day. Personal trainers or other certified fitness professionals can show you how to perform certain movements to avoid strain or injury.

Many exercise/fitness books, videos and magazines are available to provide tips on getting and staying in shape and can inspire you to stick with an exercise program. Exercise with a buddy can also keep you motivated. Most importantly, plan your exercise program to suit your interest and lifestyle. If you choose an activity that you like, you’re more likely to stick with it.

**CAUTION:** Be sure to wait for exercise clearance at your post-op follow-up visits before beginning any resistance or intense aerobic exercise. Walking is encouraged and a great way to get started on becoming more physically active right away.
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