

Instructions for Patients Post-Bariatric Surgery

First day post-operation: Drink 30 milliliters (30 ml) of water, equivalent to a cup of Arabic coffee, on an hourly basis starting from 5 pm.

Second day post-operation: Drink soft liquids such as water, juices, clear soups (meat, chicken or vegetable broth). Salt and spices can be added in small amounts. Liquid should be consumed until feeling full, and continue eating when needed for a week from surgery.

After leaving the hospital: Patient is prescribed Panadol as a pain reliever and Proton Pump Inhibitor (PPI) to heal the stomach. Patient is also prescribed blood thinning shots daily at a dose determined by the doctor and for a period of 10 to 14 days or more.

Week one post-operation: Patient should return to the clinic for a check-up on wound healing, medications and vitamins prescription to avoid any deficiency. Have protein drinks for a year.

Week two post-operation: Patient is permitted to eat yogurt, milk, jelly, custard, muhalabia, crème caramel (little sugar). Patient is also permitted to have heavy soups without pieces such as creamy soups (mushroom, broccoli, tomato or lentil).

Week three and four post-operation: Patient is permitted to eat blended foods. Chicken, meat or fish are well blended with vegetables, rice, broth and potato.

Patient can also have:

- Hariss and Jerish
- Mashed red kidney beans and chickpeas, without bread
- Tuna

Patient should have two to three meals a day for two weeks, and can some salt and spices.

One month post-operation: Patient can have normal meals with two to three meals a day as per need. It is advised that meat make up 50% of a meal, while boiled vegetables or the soup or salad make up 25%, and the remaining 25% consists of pasta, rice or bread. When feeling hungry, it is recommended to have a fruit such as an apple or banana or grapes or orange as a snack.

It is not recommended to:

- Do not have biscuits or sweets when craving.
- Do not over indulge in nuts.
- Do not have liquids while eating. You should drink liquids 30 minutes before the meal or two hours after. Eat and swallow slowly.
- Do not work out your core or abs for three months post-operation to avoid rupturing your abdominal muscles.

It is recommended to:

- Walk 30 minutes per day right after the operation.
- You can start exercising lightly two weeks post-operation (walk on treadmill or bicycle, light weight lifting between 2 and 5 kilograms).
- You can start swimming two weeks post-operation.

Hair loss: To avoid hair loss, it is recommended to take natural proteins, iron supplements and protein shakes