

# POST-OPERATIVE BARIATRIC SURGERY

## GENERAL INFORMATION

### DUMPING SYNDROME

#### WHY DOES IT HAPPEN?

- True dumping syndrome only happens after the RYGB surgery.
- It is caused by eating foods high in sugar and/or fat.
- Overeating foods high in sugar/fat can lead to these substances being too concentrated for your new, smaller pouch.
- Your body's natural reaction to this is to draw fluid into the stomach to dilute the contents.
- The small stomach may become too full to hold the additional fluid, thus resulting in "dumping".

#### WHAT DOES DUMPING SYNDROME FEEL LIKE?

- Symptoms can include weakness, cramps, lightheadedness, nausea, vomiting, and/or diarrhea after consuming sweets.
- Typically lasts 30-45 minutes

#### IT CAN BE A GOOD THING!

- It is a desirable side effect since dumping, or the fear of dumping, helps people make better food choices.
- Gives you time to reflect on the food choice that led to the dumping
- Helps you resist eating significant amounts of foods high in sugar/fat that are high in calories and low in nutrients

### HYDRATION

- Daily Fluid GOAL = at least 48-64 ounces (6-8 cups)
- Begin by drinking ONLY:
  - 1-2 ounces of liquid
  - Every 10-15 minutes
- Beverages should be calorie-free or very low in calories AND carbonation-free.
- After surgery, you will need to separate your liquids from your meals by 30 minutes.
- This goal is something to work toward, as you might not be able to reach this goal on the first days after surgery.
- Track your fluid intake in your food journal.

Approved beverages include but are not limited to:

- Water
- Broth (low-sodium is preferred)
- Decaf coffee/decaf tea
- Unsweetened or artificially sweetened decaf iced tea
- Propel Zero
- Crystal Light packets
- Sugar-free popsicles
- Sugar-free gelatin (10 calories per serving)
- Flavored waters that are sugar-free and non-carbonated

*\*Generic versions of these items are acceptable as well.\**

# POST-OPERATIVE BARIATRIC SURGERY DIET

## PHASE 2

### IMPORTANCE OF PROTEIN

Protein is essential to the body and helps:

- Build and maintain healthy skin, bones, muscles, and essential organs such as the heart, liver, and kidneys.
- Your body heal.
- Prevent malnutrition.
- • Your body fight infection.
- • Contribute to the feeling of satiety (fullness/satisfaction).
- • Maintain healthy hair.

### IF YOU DO NOT EAT ENOUGH PROTEIN, YOUR HAIR CAN START TO THIN AND FALL OUT!

- Protein sources will differ depending on what stage of the diet progression you are on.
- Your handouts will outline appropriate protein options for each phase of the diet.
- Protein GOALS:
  - Women: 60-80g/day
  - Men: 80-100g/day

### REASON FOR THE DIET PROGRESSION

- Reduces gastrointestinal swelling and discomfort
- Allows for healing of stomach tissues
- Assists with adjustment to the small stomach

**Phase 1: Clear Liquid (Only while in the hospital)**

**Phase 2: Full Liquid (Day 2-14 post-op)**

**Phase 3: Pureed/Soft (Day 14-3 months post-op)**

**Phase 4: Regular Texture (3+ months post-op)**

### HEALTHY HABITS TO START TODAY! PICK 3

- Do not skip meals, including breakfast.
- Practice CHEWING foods thoroughly—to pureed consistency—before swallowing.
- Slow your pace of eating; goal=30+ minutes to finish a meal.
- Practice SIPPING beverages—no “chugging” or gulping.
- Practice NO LIQUIDS WITH MEALS.
- Eliminate carbonated beverages and caloric drinks.
- Cut back or cut out caffeine.
- Avoid alcohol.
- Aim for 48-64 ounces of fluid per day.
- Make healthy food choices (avoid sugary or fried foods).
- Grocery shop with a planned and pre-made list.
- Increase the amount of fruits, vegetables, and whole grains you eat.

# POST-OPERATIVE BARIATRIC SURGERY DIET PHASE 2

## FOOD JOURNAL

1. Paper and pencil
2. Smartphone apps
  - MyFitnessPal
  - Lose It!
  - Baritastic

## TRACK:

- Food intake: what, when, how much, and how it was prepared
- Protein intake; use the table below to help you
- Vitamin and mineral supplements taken
- Fluid intake: what, when, and how much
- Any symptoms related to your meals or drinks