



You will probably spend 2 to 3 days in the hospital. When you go home, you will be consuming liquids or pureed foods. You should be able to move around without too much problem.

What to Expect at Home?

You may have a catheter (tube) coming from the larger part of your abdomen. It will come out of your side and will drain fluids that build up in your belly. This will be taken out in about 3 to 10 days. You will lose weight quickly over the first 3 to 6 months. Many of the initial problems should go away as your body gets used to your weight loss and your weight becomes stable. Because of this quick weight loss, you will have to be careful that you get all the nutrients and vitamins needed to recover. Weight loss slows down after 12 to 18 months.

Diet

You will remain on liquid or pureed food for 2 to 4 weeks after surgery. Gradually, you can add soft foods and then regular foods, as recommended by our nutritionist.

- Remember to eat small portions and chew each bite very slowly and completely
- Do not eat and drink at the same time
- Drink fluids 30 minutes after you eat food
- Drink slowly. Sip when you are drinking. Do not gulp
- Do not use a straw, as it may bring air into your stomach

Our team will guide you about foods that you should eat and foods you should stay away from.

Activity

Being active soon after surgery will help you recover more quickly.

During the first week: Start walking after surgery. Move around the house, shower and use the stairs at home. If it hurts when you do something, stop doing that activity. If you have had Laparoscopic Surgery, you should be able to do most of your regular activities within 2 to 4 weeks.



Before this time,

DO NOT:

- Lift anything heavier than 10 to 15 pounds until recommended otherwise
- Do any activity that involves pushing or pulling
- Push yourself too hard. Increase how much you exercise slowly
- Drive or use machinery if you are taking narcotic pain medicine. These medicines will make you drowsy. Driving and using machinery is not safe when you are taking them.

DO:

- Take short walks and go up and down the stairs.
- Getting up and moving around may help, if you are having pain in your belly. It may help. Make sure your home is set up for your recovery, to prevent falls, and that you are safe in the bathroom. Unless we specify not to, you may start an exercise programme 2 to 4 weeks after surgery. You do not need to join a gym to exercise. If you have not exercised or been active in a long time, be sure to start slowly to prevent injuries. Taking a 5 to 10 minute walk, everyday is a good start. Increase this pace until you are walking 15-30 minutes twice a day.

Wound Care

Be sure to change your dressing if it gets dirty or wet. You can also keep it open. Exposure to water does not lead to infection. Only make sure that the local stitch area does not remain wet. You may dry with a soft towel and apply a local antibiotic ointment like Neosporin / Mupirocin / T Bact etc. You may have bruise around your wounds. This is normal and will go away on its own. The skin around your incisions may be a little red. This is normal, too. Do not wear tight clothing that rubs against your incisions while they heal.

Keep your dressing (bandage) on your wound clean and dry. If there are sutures (stitches) or staples, they will be removed in about 7 to 10 days after surgery. Some stitches can dissolve independently, and we will inform you about the same. Unless you are told otherwise, you can shower until after your follow-up appointment with us. When you take shower, let the water run over your incision, but do not scrub or let the water beat down on it. Do not soak in a bathtub, swimming pool, or hot tub until we tell you otherwise. Press a pillow over your incision when you need to cough or sneeze.

Drugs

You may need to take some medicines when you go home

- You may need to give yourself shots of a blood-thinning drug underneath the skin for upto 2 or more weeks. We will show you how
- Your routine medication will consist of antibiotics, pain killers, anti-acidity medication, and drugs for nausea/ vomiting
- You may need to take medicine to prevent gallstones after 1 month
- You will need to take certain vitamins that your body may not absorb well from your food

Follow-up

To help you recover from surgery and manage all the changes in your lifestyle, our surgical team will continuously support you with the help of other health professionals. By the time you leave the hospital, you will likely have a follow-up appointment scheduled with us within a few weeks. You need to follow up a couple of more times in the first year after your surgery. For outstation patients, online follow-up care can be arranged.

You may also have appointments with

- A nutritionist or dietician, who will guide you how to eat correctly with your smaller stomach. You will also learn about what foods and drinks you should have after surgery
- You may require blood tests at specified intervals to make sure that your body is getting enough important vitamins and minerals from food after your surgery

When to Call the Doctor

Call your doctor or nurse if:

- Your temperature is above 101°F
- You should consult us if you notice changes around your incision: - more redness, more pain, swelling, bleeding, the wound is larger or deeper, the wound looks dried out or dark, the drainage coming from or around your incision: does not decrease after 3 to 5 days and is increasing, becomes thick, tan, or yellow, or smells bad (pus)
- Your incision is bleeding, red, warm to the touch, or has a thick yellow, green, or milky drainage
- Your pain medicine is not helping
- You have trouble breathing
- You have cough that does not go away
- You cannot drink or eat
- Your skin or the white part of your eyes turns yellow
- Your stool is loose, or you have diarrhoea
- You are vomiting after eating

Post-Operative Diet: What to eat after the surgery

The Bariatric diet is designed for people who are recovering from gastric sleeve / bypass surgery to help them heal and change their eating habits. A Bariatric diet specifies what type and how much food you can eat at each meal. Closely following your diet can help you lose weight safely.

Purpose: The diet has several purposes:

- To allow the staple line in your stomach to heal without being stretched by the food you eat
- To get you accustomed to eating smaller amounts of food that can be digested comfortably and safely in your smaller stomach
- To help you lose weight and avoid gaining excess weight
- To avoid side effects and complications

Diet details:

Your diet plan would depend on various factors the type of surgery, where the surgery is performed, and your situation. Most commonly, the diet has four phases to help you ease back into eating solid foods.

How quickly you move from one step to the next depends on how fast your body heals and adjusts to the change in eating patterns. You can usually start eating regular firm foods within three months after surgery. After weight-loss surgery, you must pay extra attention to signs that you feel hungry or full. You may develop some food intolerance or aversions.



DIET PROGRESSION DURING AND AFTER HOSPITAL STAY

This is a general guideline of when to introduce various foods. Every patient is different and may not progress at the same rate.

Day 1: Nothing by mouth

Week 1: Clear liquid diet can be started from day two:

FOOD EXAMPLES:

Water, Green / Lemon Tea, Clear Vegetable Soup (strained), Coconut Water, Barley Water + Mint, Lemon Water, Whey Water + Mint, Clear Chicken Soup (strained), Dal Water (no fats), Diluted Apple Juice.

Stage 1 - for 1 Week (Clear Liquids)

Clear Liquids	Timing	Sample Menu
Diet to be taken	6 PM	Green / Lemon Tea (without sugar or sugar-free)
No sugar and high-calorie liquids	8 AM	Coconut Water
Sip 50 - 100 ml in hour (30 mins)	10 AM	Clear Chicken Soup / Vegetable Soup / Dal Paani
Sipping fluids out of bottles or straws may cause gas	12 PM	Fresh Lime Water (without sugar or sugar-free)
Stop when there is a feeling of fullness	2 PM	Fresh Apple Juice / Whey Water
Do not use a straw	4 PM	Green / Lemon Tea
Drink water in between other liquids	6 PM	Clear Vegetable Soup
No Carbonated Beverages	8 PM	Fresh Lime Water (without sugar or sugar-free)
Sit straight while drinking	10 PM	Dal Water

Week 2 & 3: Full Liquid Diet

FOOD EXAMPLES:

All food from the previous stage, egg nog (using only egg white), skimmed milk with vanilla essence, thin custard (made from skimmed milk), non-fat yogurt, thick vegetable and dal soup (strained), strained vegetable juice, thin lassi (using skimmed milk curd), natural soya milk (no sugar), fresh apple, orange juice (to be extracted at home only), smoothies (no sugar) like a strawberry smoothie, apple smoothie, etc.

Stage 2 - for 2 Weeks (Full Liquids)

Diet to be taken	Timing	Sample Menu
Full liquids	6 PM	Tea
Try to consume 100 ml 120 ml fluids per walking hour	8 AM	Skimmed milk with sugar-free (sweetener) vanilla essence or elaichi powder can be used for flavour
Do not add maida or cornflour to the soups	10 AM	Chicken soup / vegetable soup (tomato/carrot/spinach/mix veg)
	12 PM	Buttermilk (salted)
	2 PM	Fresh fruit juice without sugar / Smoothie (apple / orange)
	4 PM	Tea
	6 PM	Soup
	8 PM	Thin plain custard (made from skimmed milk)
	10 PM	Skimmed milk

WEEK 4 & 5: Pureed Diet

FOOD EXAMPLES:

All foods from previous stages, poached egg (white only), blended chicken / fish with broth, spinach soup, soft cooked pureed vegetables, cereal (khichdi / dalia) with dal gruel, spinach, etc. Sugar-free soft puddings like custard, phirni, hiya kheer, carrot kheer, etc. pureed skinless and seedless fruits (apple, guava, papaya, orange, pears), curd made from skimmed milk.

Stage 3 - for 2 Weeks (Pureed Diet)

Diet to be taken	Timing	Sample Menu
Pureed foods (baby food consistency)	6 PM	Tea / milk with a biscuit (Marie biscuit)
Foods low in fats, sugar and high in proteins	8 AM	Blended porridge (suji / dalia /oats milk or poached egg (white only)

Use a blender or a food processor	10 AM	Stewed and pureed fruit (apple or pear) or mashed papaya
Try to slowly sip 120 - 150ml of fluids every hour between meals	1 PM	Thin blended khichdi (moong dhuli dal + rice + vegetables) and curd
Consume fluids 30 minutes before and after meals	4 PM	Fresh fruit juice without sugar (apple / orange)
Consume 500-700 calories and 50 gms proteins and curd	6 PM	Tea
	8 PM	Blended chicken soup / Dal soup
	10 PM	Thin custard

Week 6 & 7: Soft Diet

FOOD EXAMPLES:

If all the foods in stage 3 are tolerated, you will gradually advance to stage 4

- Consume 60 to 70 gms of proteins, low carbohydrate, low fat, no sugar
- Introduce new foods one at a time to avoid intolerance
- Eat 3 small meals a day, making protein a priority

Stage 4 - for 2 Weeks (Soft diet)

7 PM	Water / lemon water / coconut water
8 AM	Poached egg / scrambled egg (2 white eggs) / paneer made from skimmed milk / poha / suji upma / besan cheela / whole wheat toast (edges cut) - 1 slice / oats / porridge
10 PM	Seasonal fruit
12 PM	Vegetable or chicken or dal soup
1 PM	Washed pulses /chicken boiled / steamed fish brown rice / khichdi / broken wheat soft vegetables (1 katori / 1 bowl)
3 PM	Curd / Yogurt
4 PM	Tea with skimmed milk, soft, cut fruits
6 PM	Vegetable or chicken or dal soup
8 PM	Chicken / fish / paneer / dal / soft vegetables (1 katori / 1 bowl)
10 PM	Milk

POINTS TO REMEMBER

- Avoid large volume of food at one time and plan to eat a small meal, four to six times a day
- Add only one new food at a time to establish tolerance to foods slowly
- Learn to realize when you are full. Indications of fullness may be pressure, tightness, or heaviness in the centre of your abdomen just below the breast bone. Feelings of nausea, regurgitation, or heartburn are indications that too much has been eaten or the meal was eaten too rapidly
- Common eating-related causes of discomfort are: eating too fast, not chewing food well, eating too much at once, eating solid foods too soon after surgery, or drinking liquids either with meals or right after meals
- Focus on high protein foods and avoid foods that are high in fat, sugar, or fibre

FOODS TO AVOID

- Fried foods
- Chips
- Fruits and vegetable skins
- Nuts
- Coconut
- Raw vegetables
- Sausages
- Tough meat (steak, pork, ham, hot dogs, salami)
- Popcorn
- Cream cheese
- Desserts



STAGE 5 (Normal Diet)

FOOD EXAMPLES:

If all the foods in stage 4 are tolerated, you will gradually advance to stage 5

- Consume 60 to 70 gms of proteins, low carbohydrate, low fat, no sugar
- Introduce new foods one at a time to avoid intolerance
- Eat 3 small meals a day, making protein a priority

1000 Kcal REDUCING DIET CHART

Bed-time tea	Tea
Breakfast	1 Bowl of dalia / oats porridge, paneer / 1 besan cheela / 1 katori sprouts / 2 egg whites
Foods low in fats, sugar and high in proteins	Blended porridge suji / dalia/ oats cooked with skimmed milk or poached egg (white only)
Mid-morning	Seasonal Fruit
Lunch	Cereal / whole dal / vegetable + curd
Tea	Tea+snack (protein), 1 cup (soya nuts / roasted nuts / sprouts / paneer)
Pre-dinner	Soup
Dinner	Chicken / dal / vegetable

FOODS TO BE AVOIDED

- All fried foods
- Saturated fats like butter, cream, desi ghee, margarine, etc
- Avoid full cream milk and products
- Sugar and sweet products like glucose, honey, jams, jellies, chocolates, candies, ice creams, etc
- Red meats and organ meats like egg yolk
- Carbonated beverages, alcoholic drinks, and canned fruit juices
- Root vegetables like potato, sweet potato, yam, colocasia, etc
- Fruits like sapota, banana, mangoes, and grapes
- Pickles in oil or murabba
- Nibbling and snacking in between meals

General Instructions

- ✔ Eat and chew slowly – it should take an hour for each meal. Even ¼ to a cup of food should take one hour to consume
- ✔ Avoid concentrated sugar (granulated sugar, candies, sauces, drink powders, etc.), and fats; they will slow down weight loss, lead to nausea and weight gain, and are a concentrated source of calories
- ✔ During your meal, eat protein first, fruits and vegetables, and whole grains. The diet should always be high in protein and low in refined carbohydrates. It is necessary for healing and prevents malnutrition. Good sources of proteins are pulses, skimmed milk products, eggs, soya milk and soya products, chicken, and fish
- ✔ Avoid snacking
- ✔ Stop eating when you feel full – if ignored, vomiting will follow
- ✔ Drink 1 to 2 litres of non – calorie fluids like coconut water/ lemon water/ vegetable stock (strained)/ dal water to prevent dehydration and constipation Sip it slowly. Don't drink it all at once
- ✔ Stop drinking liquids 30 minutes before meals, don't drink with meals, and resume 1 hour after meals. Liquids push the food through the stomach more rapidly, making you hungry shortly after eating. Drinking with meals can cause vomiting
- ✔ Eat 3 small nutrient-dense meals + snacks a day
- ✔ Maintain proper meal timings and never skip meals
- ✔ 30 – 40 minutes' brisk walk is advisable every day

Risks

The greatest risks of the diet come from not following it properly. If you eat too much or eat food that you shouldn't, you could have complications. These include:

- ✔ **Nausea and vomiting:** If you eat too much, eat too fast, or don't chew your food adequately, you may become nauseated or vomit after meals
- ✔ **Constipation:** If you don't follow a regular schedule for eating your meals, don't eat enough fibre or don't exercise, you may become constipated
- ✔ **Weight gain or failure to lose weight:** If you continue to gain weight or fail to lose weight on the gastric bypass diet, it's possible you could be eating too many calories. Talk to your doctor or dietitian about changes you can make to your diet
- ✔ **Dumping syndrome:** This complication occurs most often after eating foods high in sugar or fat. These foods travel quickly through your stomach pouch and "dump" into your intestine. Dumping syndrome can cause nausea, vomiting, dizziness, sweating, and eventually diarrhoea
- ✔ **Dehydration:** Because you're not supposed to drink fluids with your meals, some people become dehydrated. You can prevent dehydration by sipping (1.5 to 2 litres) of water or other low-calorie beverages throughout the day

Exercise after Bariatric Surgery

Commit to an exercise plan pre-operatively and get started after consulting us as soon as possible after surgery.

Benefits of Exercise:

- Reduce the risk of premature mortality
- Reduce the risk of heart disease
- Reduce the risk of developing diabetes
- Reduce the risk of developing high blood pressure
- Reduce blood pressure in people who already have high blood pressure
- Reduce the risk of developing colon cancer
- Build and maintain healthy bones, muscles, and joints
- Reduce feelings of depression and anxiety
- Control weight

Getting Started:

Remember: The key to weight loss is burning more calories than you take in. Walking is an excellent way to start an exercise programme

- A walking programme can be started before surgery and resumed once discharged from the hospital
- A walking programme can be followed year-round. Walk outside during good weather and move indoors to a gym or fitness centre on cold, rainy, or humid days
- Start by walking on a flat surface and gradually add hills or slopes, as you get stronger
- Gradually increase the distance or amount of time you walk
- Alternating your walking routes will keep you from getting bored with your walking programme
- It may help to join a walking club or walk with a family member or friend to keep you motivated
- Walk only where you feel safe
- If you can, invest in a good pair of walking shoes
- If you have not exercised in a long time, it might make you feel better to take a cell phone with you on your walks
- Take a bottle of water with you on long walks. Sip water at intervals, especially if you walk outside on hot days.

Aerobic Exercise:

Remember: The key to weight loss is burning more calories than you take in.

- Check with your doctor before starting any form of strenuous exercise programme
- The best form of aerobic exercise is one that you enjoy. It is difficult to stick with an exercise programme you don't enjoy
- A variety of aerobic activities can help you from becoming bored with your exercise programme. Try doing different activities on different days
- Swimming and water aerobics are good forms of exercise, especially if you have joint problems or joint pain
- If you want to take aerobic classes, always start with a low-impact class. Make sure the class is geared toward beginners
- Research has shown that increasing lifestyle activities can have the same effect on health and weight loss as a structured exercise programme

Examples include:

- Taking the stairs instead of the elevator
- Parking at the far end of the parking lot and walking to the office or home
- Getting up from your desk to deliver a message instead of using E-mail
- Walking to do errands instead of driving

Strength Training:

Note: Strength training is not recommended for the first three months post-operation

- Check with our team before starting a strength-training programme.
- Strength training may include the use of weight machines, "free" weights (hand-held Weights), and resistance bands.
- It is very important to use the correct form when doing strength training. This will help to prevent injuries.
- When starting a strength-training programme, it may be helpful to take a class or hire a personal trainer. The instructor or trainer will show you the correct way to use the equipment.
- Strength training workouts should always be preceded by a 10-15 minutes warm-up (such as walking, using the treadmill, or riding an exercise bike). This will raise the core body temperature and ready the joints and muscles for the workout.

Goals and Motivation: Goal: 30 minutes of exercise most days of the week. This can be broken down into 5-10 minute sessions

Tips to help you maintain your exercise programme:

- Begin your exercise programme gradually and progress slowly over time. Vary workouts to alleviate boredom
- Develop specific, realistic, and achievable goals
- Anticipate obstacles--have a back-up plan
- Keep your walking shoes or exercise clothes in the car.

