**Discharge Information - Basics of the post operative diet**

Dietary phases should be comprehensively covered by your pre and post surgery dietician consultations. The following represents only a brief overview to focus your attention on the key points. For further details and discussion please contact your dietician for advice or access your written resources.

I would encourage you not to over-think your food decisions and behaviours too much. Worrying too much about every gram of protein or every drink/texture will only lead to severe anxiety setting in!

**These basic rules apply to most patients after bariatric procedures:**

* **Two weeks liquid diet (thin liquids) –** *followed by…*
* **Two weeks pureed/mashed type foods –** *followed by…*
* **Slow introduction of normal solid foods starting with easier textures**

**Key points**

* Liquids, purees, solids should be nourishing. i.e. not just water or cordial or juice etc.
* Go slowly, stop if you feel full or about to vomit
* You will need to work hard to hydrate yourself properly in the early stages – keep sipping away throughout the day
* Avoid gulps of liquids with solid meals. Separate drinking from eating by about 30 minutes before and after. Catch up on hydration in between solid meals.
* Sitting up makes it easier to get liquid and food down
* For solid foods, half a cup is usually sufficient in the first few months
* Don’t keep picking away at your meal for more than 10 minutes – this should be as much time as necessary to complete a meal.
* Ensure you have a high component of protein in your diet
* Start your vitamins usually within two weeks of surgery, as discussed with your dietician
* If you are not tolerating your vitamins, make contact with your dietician to discuss alternatives

***A note about weight changes in the early stages:***

Your weight will vary, sometimes substantially, from day to day particularly early on after your bariatric procedure. Much of this is due to fluid shifts and particularly dehydration in the first couple of weeks. If you choose to weigh yourself daily be prepared for some fairly dramatic shifts which can be disconcerting. Look for changes over weeks rather than days.