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PRE-OPERATIVE INSTRUCTIONS FOR BARIATRIC SURGERY

1. Begin a Liquid Diet one week prior to surgery- this is very important! We must shrink your liver in order to prevent injury during your surgical procedure. You may consume any liquids that are not high in calorie (NO MILK SHAKES) – **You are allowed any liquid that you can consume through a straw as long as it is low fat, low calorie, low carb, and low sugar.**
 - Examples: Any Type of Broth, Low Fat Cream Soups (strained), Sugar Free Drinkable Yogurt, Sugar Free Carnation Instant Breakfast, Skim Milk, Protein Drinks (can include pre-made drinks such as: Slim Fast Optima, Muscle Milk, Sugar Free Popsicles.
2. Start protein and vitamin supplements – at least 1 week prior to surgery. You can find these by going to our website and ordering online. (Nectar Protein Powder)
3. **Stop Plavix, Aspirin & anti- inflammatory's (i.e. anything containing Salicylic Acid, Ibuprofen, Advil, Motrin, Aleve, Naproxen, Celebrex, Vioxx, Bextra, etc.) 10 days prior to surgery.** Please stop taking Phentermine 14 days prior to surgery. **Tylenol is OK.**
4. If you normally take Blood Pressure medication in the mornings – You will need to take your Blood Pressure medication the morning of your surgery with a SMALL SIP of water. If you normally take your Blood Pressure medication at night, please take it the night before surgery as usual.

POST- OPERATIVE INSTRUCTIONS

1. Check your temperature twice daily for the first week – Call if fever is 101 or higher.
2. You may bathe or shower 24 hours after your surgery. Do not scrub incisions for at least 3 weeks after your procedure. Wash with antibacterial soap and gently pat dry. *Please notify our office of redness or drainage from incisions.
3. Contact us if vomiting or diarrhea persists for more than 24 hours or if abdominal pain persists more than 4 hours. Also, call us if you experience shortness of breath and/or leg swelling.
4. Use incentive spirometry four times per days for 10 days. (You will receive this at the hospital to take home: clear, blue with tail)
5. Walk daily until you can walk 30 minutes at a time. (No heavy exercise for 4 weeks.)
6. Increased gas is common the first 3-6 weeks. You may take over the counter medications such as Beano - avoid narcotics such as Lortab.
7. **CRUSH OR CUT HARD MEDICATIONS OR EMPTY CAPSULES FOR THE FIRST 5 WEEKS AFTER SURGERY.**
8. **Gastric Bypass Patients and Sleeve** – Take an acid blocker daily for three month (i.e. Nexium, Protonix, or Prilosec) This medication will protect your pouch and reduce the structure or narrowing of the pouch outlet. **If your insurance will not cover the Prevacid/ Aciphec, or Dexilant, you may take over the counter acid blocker.**

9. Do not take any anti-inflammatory pain medications unless approved by Dr. Barker (i.e. Ibuprofen, Advil, Motrin, Naprosyn, Aleve, Daypro, Celebrex, Vioxx, Bextra, etc.) You may take Tylenol (Acetaminophen) ONLY. Tylenol will cause less gas, nausea, and headache than other pain medications.
10. Female patient should not become pregnant for at least 18 months after surgery. Weight loss needs to be stabilized or injury could occur to the unborn child.
11. **Take Vitamin Supplements Daily – This is very important to sustain your health and energy level.**
****Vitamin instructions are located on the last page – Please follow the recommendations carefully. ****

If you encounter a problem contact Dr. Barker, or return to the Emergency Room where you had your surgery performed. If you go to the ER and treatment is needed, have the physician contact Dr. Barker immediately at 972-240-4800. There are many physicians that are unfamiliar with weight loss surgery and serious errors treatment could occur. **DO NOT ALLOW ANYONE TO INSERT A TUBE INTO STOMACH WITHOUT MAKING THEM AWARE OF YOUR SURGERY!******

The Post-Op diet is divided into 3 stages to allow a gradual adjustment to familiarize your body with the recent changes.

These are some suggestions to items that you can have during the different phases of the diet.

Diet Progression

FULL Liquids
CLEAR Liquids
FULL Liquids
PUREED Foods

Start 1 week before your surgery
First 2 days after your surgery
Day 3 after surgery start Full liquids for two weeks
Begin 17 days after surgery

<p>Clears Water Diet Juice Sugar free Crystal Light, Kool-Aid Sugar Free popsicles Broth (any type) Chicken, Beef, or Vegetable</p>	<p>Fulls Protein Supplement (this is going to be your main source of satisfaction.) Low fat strained cream soup (Cream of Chicken, Cream of Mushroom) NO CHUNKS-NO CLUMPS Milk (1% or Skim ONLY) Frozen Yogurt or Sherbert (Fat-Free, Low Sugar)</p> <p><u>No milk shakes or malts</u></p>
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<p>Pureed Foods <u>All the items listed in liquids plus:</u> Unsweetened applesauce Sugar-Free Pudding Mashed Sweet Potatoes Pureed Fruits and Veggies Meat, Fish, Or Poultry pureed with Thin liquid until smooth</p>	<p>17 days post-op until 6 weeks post-op Low-fat sugar-free yogurt Hot Cooked Cereals (Oatmeal, Grits, Malt-O-Meal, Etc.) Mashed Beans Low-or Non-Fat Cottage Cheese</p>
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Regular Diet

Consume 70-85 grams of protein per day.

Consume 3 meals per day with 2 protein supplements. (10 AM and 3PM)

Consume about 4 ounces of food at each meal

Every meal should contain a protein and produce (fruit/vegetable)

Do not drink liquids with meals. Wait 45 minutes after eating to drink

Small bites, put utensils down, hands in lap, and chew food 20-30 times

Stop eating when you are no longer hungry

Use caution when incorporating new foods into meals

1. Drink frequently to keep from getting dehydrated. Fluids are very important!
2. It is also important to make sure that you get in 3 protein supplements daily substituted for 3 of these meals. Please note, most people can only drink 1 protein drink per day, the first 2-3 days due to swelling.
 - Remember small amounts (4-6 ounces)
 - Go slow: You need to take 30 minutes to drink 6 ounces
 - STOP when you feel full
 - No carbonated drinks for 4 weeks
 - Start with thin liquids before advancing to thicker fluids
 - Post-op liquid diet is to protect your pouch. Sleeves have a longer pouch to heal (i.e. 3 weeks instead of 1)
3. Eat at same time every day--set a schedule to get you on track
4. NO LIQUIDS with meals or snacks. Wait 45 minutes prior to and after eating to consume fluids.
5. Avoid cheap calories such as:
 - Alcohol
 - Sweet Tea
 - Fats
 - High Calorie Liquids
 - Sweets, Ice Cream, Junk Food, and Cookies

OVERVIEW

*Eat only at set meals – No grazing.

*Go Slow!

Chew Well!

*STOP when you feel full! – Avoid overeating.

Liquids, junk food, and sweets do not relieve hunger! Only solid food which fills the pouch and empties slowly will satisfy your hunger pains.

Also note – You may experience liquid stool for the 1st week after surgery. This is normal and should stop once you begin the soft diet.

You can also get support from ObesityHelp.com and Gastric Bypass Family which can be accessed by going to Yahoo.com then clicking on Yahoo Groups. Once you are there: type “Gastric Bypass Family” in the search box after search is complete, click on the link provided.

Vitamin And Protein Information

These are the Vitamin Supplements that must be taken everyday. They are a very important part of your aftercare program and are helpful in the success of your surgery outcome. You can find these Vitamins at any health food store or the e-Store linked to our website. **The Bariatric Advantage Vitamins and Nectar Protein Supplements found on our website (not available in stores) are the most beneficial for you and are easily absorbed into the system. They are formulated specially for bariatric patients and are in chewable form with many great flavors and varieties to choose from.**

Lap/Band Patients:

- Bariatric Advantage Chewable Multi-Vitamin—2 per day (found on our website only)
- Protein 70-85 grams per day divided (NO ADDED CALORIES)
- B 12

Gastric Bypass & Sleeve Patients:

- Bariatric Advantage Chewable Multi-Vitamin – 2per day
- Calcium Citrate – 1500 mg per day
- Iron 29 mg (divide this up into 3-4 pieces for better absorption and fewer side effects (i.e. constipation)
- B12 5000-7500mcg sub-lingual per week), or IM injection once a month, or Nascobal Nasal Spray once a week.
- OR New Life Powder Vitamin called Bari-life.
- Protein Supplements—you need 70-85 grams per day (mix with water)
- Vitamin D—3000-5000 IUs daily

To purchase the above vitamins and protein supplements at the e-Store do the following:

- Go to www.drwbarker.com
- Click on the e-Store (found at the upper right hand side of the page)
- Scroll down and click on either Bariatric Vitamins or Nectar Protein
- Once inside category—select the product of your choice (once item is selected you can view specific information for that product)

You will receive free shipping on all orders set up to auto-ship as indicated on website