

Eating After Weight Loss Surgery

Please note this is a guideline only. Variations occur between individuals.

Most people spend a few nights in hospital following weight loss surgery. Before you can leave hospital, you need to be able to tolerate enough liquids to avoid dehydration at home.

First Two Weeks

You will be on a liquid-only diet. This must not include chunky bits of meat or vegetables. Avoid beverages that have high sugar, caffeine, or are carbonated.

Sometimes it is difficult to tolerate any liquid at all in the first few days. This is due to the swelling associated with surgery, which results in the narrowing in parts of the remnant stomach. This usually settles within the first few days.

Weeks Two to Four

Once you can tolerate a liquid diet, you will progress to a pureéd diet. You will remain on this diet for the first 4 weeks after surgery. If you are unable to tolerate a puree diet, return to a liquid diet and trial puree foods in a day or two.

Weeks Four to Six

During this time, you progress to soft foods as you tolerate.

Week 6 Onwards

From this point on, you will slowly start to introduce a normal, balanced and healthy diet. It is important to eat slowly and chew your food thoroughly. You should eat small meals at a time. Avoid foods that can potentially block your stomach. This includes unchewed pieces of meat and vegetables. If a blockage occurs, it can lead to vomiting and you may require a hospital admission in order to remove the blockage with an endoscopic procedure.

Remember to maintain adequate fluid/water and protein intake.

You will require regular monitoring of your blood tests and nutrients. This is a lifelong commitment.

Successful outcome not only depends on surgery, but also on lifestyle factors including a healthy diet and regular exercise.

You will require regular follow up with Mr Bassari.