

## Pre-Op Diet

**Q.** What is the pre-operative diet?

**A.** Your specific pre-op diet is determined by the nutritionist and surgeon once you are scheduled for surgery. Once you are serious about moving forward and have scheduled a date this will be provided to you with a specific timeline and details.

The diet focuses on a combination of high-protein meals and protein shakes, while eliminating carbs and sugars.

The pre-op duration and menu is determined on various factors:

- BMI
- Procedure
- Bariatric Surgery History
- Goals

**Q.** What is the purpose of the pre-operative diet?

**A.** The purpose of the bariatric surgery pre-operative diet is to aid in a successful surgery. The main goal typically is to shrink your liver so the doctor can access your stomach easier. Sometimes weight-loss goals will be established by the doctor for certain procedures or BMIs.

The diet is critical for preparing your body physically and mentally for the procedure and post-op preparation.

**Q.** Will my surgery be canceled if I did not follow the diet?

**A.** Not following the diet will make the surgery harder for the surgeon. Mistakes are ok, but we do encourage strict adherence and getting back on track as best as possible.

Occasionally, certain goals for clearance are established and communicated to specific patients for a BMI over 50 or certain procedures, in this case yes it does put you procedure in jeopardy.

**Q.** What if my BMI is low?

**A.** A BMI of 30 is the threshold for medical necessity, falling below 30 will not disqualify you but require acknowledgement that this has now become an elective procedure. **Oasis** will require a consent/waiver for you to proceed.

**Q.** Do I have to stop smoking before surgery?

**A.** Yes, you must stop smoking a minimum of 30 days before surgery. This includes the patch, nicotine gum, nicotine vaping (0% is ok).

Post-Operatively this is important as well, smoking can cause clotting and slow healing.

**Q.** Do I have to stop NSAIDs before surgery?

**A.** Yes, at minimum 7 days in advance. NSAIDS are classified as blood-thinners.

Not stopping will require additional medicine that has extra costs.

**Q.** Do I have to stop birth control/hormones before surgery?

**A.** Yes, at minimum 7 days in advance. Hormones are classified as blood-thinners.

Not stopping will require additional medicine that has extra costs.

**Q.** Do I have to stop vitamins and supplements before surgery?

**A.** Yes, at minimum 7 days in advance. Vitamins and supplements are not regulate by the FDA and have little studies on the effects of surgery and clotting and could be blood-thinners.

Not stopping will require additional medicine that has extra costs.

**Q.** What laxative?

**A.** Miralax, docusate, bisacodyl or any brand only once.

**Q.** What if laxative does not work

**A.** Can only be repeated once per 36-hour period.

**Q.** What is clear liquid diet?

- Broth
- SF Popsicles

- SF Jello
- SF Juice
- Water w/flavoring, electrolyte water, or plain water - must achieve 64oz/day

## Post-Op

Q: How long should I take off work?

Q: How long for lifting?

**A.** 4 weeks for over 10-15lbs.

Q: How long for exercise?

**A.** Stationary bike or walking is permitted immediately provided you are getting 64oz of water and 2-3 protein shakes a day, otherwise your body does not have enough energy to expend.

Q: How long for swimming or bathing?

**A.** Incisions should be fully healed - approx. 4-6 weeks, until this time do not submerge the incision in water.