

# **Nutrition Guidelines for Post Operative WLS Patients**



## Welcome & Introduction



The sleeve gastrectomy surgery you have selected was developed to cause weight loss yet avoid some of the medical problems related to higher weight and/or obesity. This surgery works mainly by limiting the amount of food you are able to eat. The surgeon will remove (permanently) about 50-70% of your stomach (depending on the size, of your stomach and the bougie size being used). Your new stomach then takes on the shape of a tube or banana.

It is important for you to make healthy food choices after your surgery to help you with weight loss and to maintain your nutritional health. A changed caring pattern is important for weight loss, to avoid stomach pains,

and to prevent nutritional deficiencies.  
(Debbie- Patient Coordinator)

### WHY SHOULD YOU FOLLOW THIS DIET?

1. To help you to achieve the maximal amount of weight loss.

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2. To help prevent nutritional deficiencies and other complications.

### FOR A SUCCESSFUL WEIGHT LOSS

It is important to note that lifestyle and behavioral changes are necessary to be successful with your weight loss journey.

1. Eat three meals a day and limit unnecessary- snacking in-between meals. This weight loss surgery- is a restrictive procedure, which means that the success of weight loss depends on what you are eating. Unhealthy snacking in-between meals (e.g. pretzels, crackers, cookies, etc.) or eating frequently may prevent successful weight loss or cause weight gain due to excess calorie intake.
2. Eat slowly and chew your food until LIQUID. Failure to do so can cause pain, nausea, vomiting, heartburn and irritate your new pouch. It is very important to chew very thoroughly **until it is Liquid**. Also, remember to cut your food into small pieces before eating it. Try waiting one minute in-between bites. Allow at least 30 minutes for a meal.
3. **Avoid concentrated sugar. Keep sugar out of the first 3 ingredients on the food label.** The number of sugar grams on the label includes both added and natural sugars; therefore, it is important to read the ingredients to find out what type of sugar the food contains. Aim to keep the “sugars” down to 15 grams or less per serving to help limit “empty calories” in your diet. **Avoid these simple sugars, especially if within the first 3 ingredients** on food labels: sugar, dextrose, high fructose corn syrup, corn syrup, glucose, sucrose, molasses, and honey **Note:** Artificial sweeteners such as NutraSweet/Equal®, saccharin/Sweet'n Low®, and sucralose/Splenda® are acceptable to use.
4. **Limit high fat foods.** Low fat is 3 grams or less per serving on a food label. Examples of high fat foods: potato chips, fried foods, fast food, bacon, sausage, hot dogs, bologna, pepperoni, cream soups, Alfredo sauce, donuts, cakes, cookies, and pastries.
5. **Stop eating when you feel comfortably satisfied.** Overeating can cause nausea, vomiting, and the size of your stomach to stretch. It can take 6-9 months for your new stomach size to stabilize.

6. **Drink adequate fluids to prevent dehydration.** Aim for 64-86 fluids ounces (8 cups min) of fluid per day.

- Take small frequent sips of your beverage throughout the day, no gulping!
- Avoid beverages that are carbonated, containing sugar, caffeine and alcohol.
- Choose sugar-free, non-carbonated drinks such as: Crystal light®, Fruit 20®, Diet Snapple®, Propel Fitness Water, Light Minute Maid® drinks, Diet Ice Tea, etc.
- Limit fat free milk to less than 16 ounces per day, limit 100% real fruit juice to less than 8 ounces per day (try diluting with water).

**TIPS:**

- Wean off carbonated and caffeinated beverages before surgery to help prevent withdrawals.
- Choose beverages with **10 calories** or less per serving.
- If plain water sits heavy and you are having problems tolerating it add a sugar-free flavoring (e.g. True Lemon®, lemon or orange slice, etc.)
- **Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, lethargy, a white coating on the tongue.**

7. **AVOID eating and drinking at the same time.** Avoid drinking with your meal, then wait at least 30 minutes after a meal to resume drinking.

8. **Choose your food wisely,** at each meal protein should be consumed first, then vegetables and fruits, then “whole” grains.

9. **Exercise!**

- Aim for at least 30 minutes every day.
- Exercise helps maintain long-term weight loss.
- Even 5 minutes at a time, as tolerated, is a start, and increase the time and frequency as tolerated.
- The first four weeks, the primary exercise used should be walking. After four weeks, try introducing strength exercises.
- Always speak with your doctor if you have never exercised.

10. **Protein.** You need to consume at least **60-80 grams** of protein per day in the form of food and/or supplements.



### Protein Content of Common Foods

<b>Meats, Poultry, and Fish</b>	<b>Portion Size</b>	<b>Grams of Protein</b>
Beef/Turkey Jerky	1 oz dried	10-15
Potted Meats/Spam Lite	2 oz	8.5
Beef, Pork, Poultry, Fish	1 oz (2 Tbsp)	7
Cheese, hard (low-fat)	1 oz	7
Tuna Fish	1 oz	7
Crabmeat	1 oz (2 Tbsp)	6
Shrimp, Lobster	1 oz	6
Egg	1	6
Kraft free/Healthy Choice	1 oz 1 slice	5
Borden fat free singles	1 oz 1 slice	5
Baby Food Meat	1 oz (2 Tbsp)	4
Hot Dog, Low-fat (average)	1 oz	3.5
Cottage cheese, Ricotta (pan skim)	2 Tbsp	3.5
Imitation Crab Meat	1 oz	3
<b>Milk and Dairy</b>	5 oz	13
Greek Style Yogurt, plain, nonfat	6 oz	8
Yogurt, fat free, no sugar added	8 oz	8
Milk, skim, 1%, or lactaid	8 oz	7
Soy milk	1/2 cup	4
Sugar free pudding, made with milk		

<b>Legumes and Nuts</b>		
Soybeans	1/2 cup cooked	14
Chili with beans,	drained 1/2 cup	10
Lentils	1/2 cup cooked	9
Red kidney beans	1/2 cup cooked	8
Lima Beans	1/2 cup cooked	7
Peanut butter	2 Tbsp	7
Almonds	1 oz	6
Refried beans	1/2 cup	6
Sunflower seeds	1 oz	5
Tofu	1 slice	5
Cashews	1 oz	4

## Protein Meal Supplements

There are many brands of supplements available (ready-to-drink or powders). For some examples:

- Look for drinks made with **Whey Protein Isolate** (this is absorbed well), vs. whey protein concentrate, which has lactose, or milk sugar.  
Strive for a protein with at least 20 grams of protein per serving. Mix with skim or 1% milk for an additional 8 grams of protein per serving Aim for a product with less than 3 grams of sugar per serving.  
Avoid and/or limit protein collagen-based products (incomplete form of protein that is missing tryptophan, an important building block of protein)
- Examples: Ready to drink - Atkins®, E.A.S. Myoplex Carb Sense®, Zero Carb, Isopure® Powders - Designer®, Unjury®, Nectar®, Premier protein®

**11. Vitamin and Mineral Supplements.** You are required to take supplement for the rest of your life to prevent deficiencies.

- **Multivitamin;** Two chewable or liquid multivitamin with minerals per day. Take with food. Examples: Centrum Chewables®, Flintstone Complete®
- **Calcium;** 1500 mg of calcium citrate per day (take one chewable 3 times daily) Maximum of 600 mg at one time for absorption Must contain vitamin D (at least 200 IU) Examples: Twinlab® chewable calcium wafers (2 tab, 3x a day), Citracal® plus D (2 tabs, 3x a day), Solaray Calcium plus D and Mag (2 wafers, 3 times a day).

## SAMPLE Table for Taking Your Supplements

**Breakfast — Multivitamin (NOT with dairy)**

**Lunch — 500-600 mgs Calcium**

**Snack — 500-600 mgs Calcium**

**Calcium Dinner — 500-600 mgs Calcium**

## Gastric Sleeve Diet Progression

### In the Hospital

A Bariatric Surgery Diet will be prescribed for you while in the hospital of clear Liquids; popsicles, ice chips 1 oz cups of water and clear low sodium broth.

\* At time of discharge from the hospital, you will go home on a full liquid diet for one week.

### Liquid Diet: Week 1

You will be on a liquid diet for the first week after surgery, foods allowed during this diet include:

- Broth
- Sugar-free gelatin (e.g. Jell-o)
- Sugar-free Popsicles
- Sugar-free Fruit drinks
- Sugar-free Sherbet
- Water
- Decaffeinated coffee
- Decaffeinated tea
- Crystal light
- Sugar-free low calorie flavored drink
- 1% or skim milk
- Protein shakes (three times a day, as meals)

All this week everything can be counted towards your fluid intake.

### Sample Full Liquid Meal Plan (1st week post-op)

#### 8:00 am

8 ounces whey protein isolate drink (c.g. Isopure Zero Carb) with 8 ounces of skim or 1% milk (16 oz total, taking at least 30-60 minutes to drink)

#### 10:00 am

8 ounces Crystal Light, water, or broth

#### 12:00 am

8 ounces whey protein isolate drink (e.g. Isopure Zero Carb) with 8 ounces of skim or 1% milk (16 oz total, taking at least 30-60 minutes to drink)

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**2:00 pm**

3-4 ounces Sugar-free gelatin (e.g. Jell-o)

**4:00 am**

8 ounces Crystal Light, water, or broth

**6:00 pm**

8 ounces whey protein isolate drink (e.g. Isopure Zero Carb) with 8 ounces of skim or 1% milk (16 oz total, taking at least 30-60 minutes to drink)

**8:00 pm**

3-4 ounces Sugar-free gelatin (e.g. Jell-o)

**Liquid Diet: Week 2**

This diet includes all foods that are liquid at room temperature, foods allowed during this diet include:

Broth

Low-fat/light yogurt (try plain Greek yogurt for more protein)

Sugar-free gelatin (e.g. Jell-O)

Sugar-free Popsicles

Sugar-free Fruit drinks

Sugar-free Pudding

Sugar-free Sherbet

Water

Crystal light

Sugar-free low calorie flavored drink

Decaffeinated coffee

Decaffeinated tea

1% or skim milk

Protein shakes (three times a day as meals)

**Sample Full Liquid Meal Plan (2nd week post-op)**

**8:00 am**

2 Tablespoons fat-free plain Greek-style yogurt (high in protein)

**9:00 am**

8 ounces Crystal light, water, or broth

**12:00 am**

8 ounces whey protein isolate drink (e.g. Isopure Zero Carb) with 8 ounces of skim or 1% milk (16 oz total, taking at least 30-60 minutes to drink)

**2:00 pm**

3 ounces sugar-free pudding



**3:00 pm**

8 ounces Crystal light, water, or broth

**5:00 pm**

8 ounces whey protein isolate drink (e.g. Isopure Zero Carb) with 8 ounces of skim or 1% milk (16 oz total, taking at least 30-60 minutes to drink)

**8:00 pm**

8 ounces Crystal Light, water, or broth

**Pureed Food Diet: Weeks 3 to 4**

For safe weight loss you need to eat a healthy, well-balanced diet. Everything needs to be blended to the consistency of applesauce for 2 weeks. This will be a challenge for you. Stick to it and be creative! Buy or borrow a blender or food processor if you do not own one.

**Pureed Diet Instructions:**

1. Limit food to, 2 to 4 ounces per meal (approximately 4 to 8 tablespoons). Do not forget to consume protein first at each meal, then vegetable and fruits, last “whole” grains.
2. Aim for 6 small meals per day at this point.
3. Drink at least 6-8 cups (48-64 ounces) of fluid per day. liquids should be sipped in-between meals.(remember not to drink 30 min prior to a meal or 30 min after a meal)

**Instructions for pureeing foods:**

1. Cut food into small pieces about the size of your thumbnail.
2. Place food in the blender.
3. Add enough liquid (fat free chicken broth or fat free gravy) to cover the blades.
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use spices (avoid spicy ones) to flavor food.
7. Blend and enjoy!

**Use ice cube trays.** Each cube holds about 1 ounce. This will help you to control portion sizes. Try preparing reduced fat cream soups or pureed meats and vegetables and store them in the trays.

## FOOD CHOOSE LIMIT

### **Beverages**

Water, sugar free flavored drinks, G2®, Propel Zero®, Powerade Zero®, Caffeine free coffee 6 oz. tea, fruit juices with no added sugars & non-carbonated drinks & non-alcoholic drinks.

### **Soups**

Egg drop soup, reduced fat cream soups, broth, and low sodium bouillon.

### **Vegetables**

Any cooked soft and blended or mashed with a fork.

### **Fruits**

Unsweetened applesauce, mashed bananas, any fruit puree without the seeds, skin or hulls and no sugar added.

### **Meats, Poultry, Fish, Beans and Eggs**

Pureed fish, tuna, poultry, veal, pork, or beef; baby food meats; mashed tofu, scrambled egg or egg substitutes Peanut butter, Chickpeas, lentils, navy beans and black beans.

### **Milk, Cheese, and Yogurt**

Fat free Silk® Eat free or 1% milk, low-fat cottage cheese, low-fat or nonfat cheese (Alpine Lace®), low fat/unsweetened/low sugar yogurt (Dannon Light & Fit®).

### **Miscellaneous (all should be sugar-free)**

Gelatin, popsicles (Dole®), pudding, custard, sugar free frozen yogurt, sugar free fat free ice cream.

### **Bread, Cereal, Pasta and Rice**

Hot cereal (oatmeal, grits, cream of wheat), mashed potatoes pasta, bread, rice and other similar foods should be Avoided. These foods are full of starches and carbohydrates.

### **Sample Pureed Menu (3rd & 4th week)**

**8:00 a.m.**

1/4 of a banana (use caution when first trying bananas they can be very heavy or pasty) Dip:  
Mix 2 tablespoons of fat free yogurt and 2 tablespoons of low fat cottage cheese

**9:00 a.m.**

8 oz Crystal light®

**11:00 a.m.**

8 ounces whey protein isolate drink (e.g. Isopure Zero Carb) with 8 ounces of skim or 1% milk (16 oz total, raking at least 30-60 minutes to drink)

**1:00 p.m.**

2-3 tablespoons pureed meat  
2 tablespoons pureed veggies

**2:00 p.m.**

8 oz water with lemon

**4:00 p.m.**

2 oz low fat ricotta cheese, 2-3 tablespoons applesauce

**4:30 p.m.**

8 oz fat free milk

**6:00 p.m.**

2-3 tablespoons pureed meat  
2 tablespoons pureed veggies

**7:00 p.m.**

6 oz broth

**8:00 p.m.**

4-6 tablespoons sugar free pudding

After four weeks of following the liquid and pureed diet, you may begin to add food gradually to your diet. You may proceed to a soft foods diet.

### **SOFT FOODS DIET: WEEKS 5 AND 6**

#### **Instructions:**

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1. Limit food to 4 to 6 ounces per meal (approximately 8 to 12 tablespoons) do not forget to consume protein first at each meal.
2. Eat slowly, and be sure to chew your food until LIQUID.
3. Food choices should be low in fat, low in sugar, low in carbohydrates and low in calories.
4. Use any of the foods recommended on the pureed diet.
5. Avoid snacking on processed foods (e.g. pretzels, crackers, etc.).

## FOOD CHOOSE LIMIT

### **Beverages**

Reference "Liquid and Pureed Diet"

### **Soups**

Reference "Liquid and Pureed Diet"

### **Vegetables**

Soft cooked vegetables, avoid with tough hulls or skins like peas and corn

### **Milk, Cheese, and Yogurt**

Reference "Liquid and Pureed Diet"

### **Fruits**

Unsweetened cooked or canned, fruit in their own juice or sugar free syrup. Fruits without seeds or skin, banana and citrus fruits without the membranes and unsweetened fruit juice or no sugar added.

### **Meat, Poultry, Fish, Beans and Eggs**

Ground lean meat (meatloaf, meatballs & hamburgers), poultry or fish (cooked soft and moist); casseroles made with ground meat, kidney beans, lentils, creamy peanut butter, eggs., use low-fat gravy to moisten foods.

### **MISCELLANEOUS**

(Sugar free) Gelatin, popsicles (Dole®), pudding, custard, sugar free frozen yogurt, sugar free fat free ice cream all others.

### **AVOID**

Nuts, tough meat or dry meat, chicken or turkey, and grilled steak, Bread, Cereal, Pasta, and Rice. Hot or refined cereal, mashed potatoes without the skin, toast, or crackers All Others (to be kept to a minimum, they are full of starches and carbohydrates).

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## SAMPLE SOFT MENU

### **7:00 am**

8 ounces water with lemon or lime

### **8:00 a.m.**

1 scrambled egg with  
1 oz of low-fat cheese  
1 soy sausage link

### **9:00 a.m.**

8 ounces Crystal Light or other beverage without caffeine, carbonation or sugar

### **10:00 a.m.**

8 oz skim milk with one serving of a protein powder or 6 oz low-fat Greek yogurt

### **12:00 p.m.**

2-3 tablespoons tuna fish (made with low fat mayonnaise)  
2 tablespoons unsweetened applesauce  
2 tablespoons cooked green beans

### **2:00 p.m.**

2-4 oz sugar free yogurt or lowfat cottage cheese with 2 oz pureed fruit or 2-4 oz low fat ricotta cheese with cinnamon

### **3:00 p.m.**

8 oz skim or 1% milk

### **6:00 p.m.**

4 tablespoons chicken (very tender and moist; try crock pot)  
2 tablespoons soft cooked broccoli  
1 peach half (canned in natural juices)

### **7:00-9:00 p.m.**

8 ounces decaffeinated coffee or decaffeinated tea (artificial sweetener okay)

After 2 weeks of the soft food diet you should gradually introduce new food choices. Keep food records of your tolerance and intake. Remember that food intolerance is highly

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individualized. Take your time at meals and chew very well to help increase your tolerance to these foods. Eventually you should be able to tolerate diced meats and a wider variety of breads, cereals, fresh fruits, and fresh vegetables. Keep in mind that your diet needs to be low-fat, low calorie, low carbohydrate, sugar-free, and portion controlled for the rest of your life.

**TO ACHIEVE YOUR MAXIMAL WEIGHT LOSS THIS IS A COMMITMENT YOU MUST MAKE.**

### **Some possible nutrition problems that may occur post-op:**

#### **Hair loss:**

This is usually due to rapid weight loss, and typically presents about 3-6 months after surgery. The good news, is that it is usually just all-over thinning, not noticeable (maybe only to you), and usually resolves in another 3-6 months. Biotin supplements may help, as well as ensuring that your fluid, protein, iron and zinc levels or intake are good.

#### **Nausea or Vomiting:**

This is usually due to eating too fast, too much, or drinking with your meals. Common cause of Nausea and Vomiting is from lying down too quickly after a meal; not only does this increase your risk for nausea and vomiting it also increases your chances for heartburn (Acid Reflux). Both nausea and vomiting are common side effects that bariatric surgery patients encounter after surgery. In the vast majority of cases nausea and vomiting is related to the changes in your diet and your body's adjustment period needed to get used to changes. If it is not food related, call your surgeon's office.

**Gerd:** This commonly happens twice a week after bariatric surgery. Continue to use Nexium/Maalox/Mylanta. Over the counter medication can be useful in the early stages of acid reflux. Treatment for acid reflux that has been caused by bariatric surgery is often a combination of dietary changes and medication.

#### **Bad taste in mouth:**

This is common right after the surgery and should go away after a few weeks. Thrush (candida) can also be from antibiotics and stress of the procedure.

#### **Decreased appetite and taste changes:**

It is very common not to feel hungry after surgery and to have altered taste sensation. You will need to eat to ensure that you get proper nutrition and to prevent complications.

#### **Increased gas:**

This is also common after the surgery, especially during the first few weeks. It can be a sign of lactose intolerance. If you have gas pains at home, try simethicone drops (Gas X ®). Devrom® can help with the smell.

#### **Excess skin:**

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With significant weight loss, there is usually excess skin, but the level will depend on several factors, including how much weight you lose, where you lose it, genetics, age, and whether you are a man or a woman. Weight training may help minimize the appearance of loose skin, but only plastic surgery will help to get rid of it.

Most people find it's really not a big issue, especially in light of how great they feel at a much lower weight, and how they're improved their health with the surgery and weight loss.

**Pregnancy:**

Pregnancy for the first 18 months following surgery should be avoided. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects. For this reason, you need to take precautions to prevent pregnancy. Rapid weight loss increases fertility so you must be very careful.

**CHECKLIST AFTER YOUR GASTRIC SLEEVE SURGERY**

- 60-80 grams of protein a day
- No more than 45 grams sugar a day
- Try to keep fat to under 9 grams a day
- By week 5 you should be having a calorie intake between 800-1200 a day depending on your daily activity
- Eat protein first at all meals
- Eat slowly and chew well
- Meals should take 30-45 minutes
- Avoid snacking on high calorie foods in between meals
- 64-86 oz. of fluid a day (more if your urine is dark or you're dizzy)
- Beverages less than 10 calories per serving
- Vitamin/mineral supplementation taken for life this may decrease, in amount suggested by your Primary Care Physician based on blood work ups for vitamin levels. These should be done at
  - 3 Months
  - 6 Months
  - 9 Months
  - 1 Year
  - Once a year after the first year
- Multivitamin (one a day, with food; not with calcium or dairy)
- Calcium citrate 1500-2000 mgs a day...in divided doses (at least 3 times a day) and no more than 600 mgs at one time, and apart from multivitamin and iron
- Exercise Aim for at least 30 minutes on most days of the week...5 minutes at a time, and gradually build up, as tolerated
- Incorporate light weights (about 2 months after surgery, and/or as your surgeon recommends)
- Consider stretching and the importance of a stress management program in your regimen

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**DIETITIAN VISITS:**

2-4 weeks post-op

3 months post-op

6 months post-op

1 year post-op

Once a year after first year

NOTE: You may need to see your dietitian more often than above if you are having any nutrition problems and/or if your doctor feels you need to be seen for any reason.

**Keep food records.**

This will help you to monitor your intake and tolerance to foods. Look for patterns of foods tolerated well and food that are not tolerated. The records will also be helpful for your dietitian to provide suggestions for better tolerance or nutrient balance.

**Record:**

- Time Type of food (ex: baked chicken without skin)
- Amount eaten (ex: 2 ounces chicken breast)
- How your food was prepared (ex: baked with broth). Be sure to include any butter, oil, grease or margarine that was added to the food.

**Please remember to bring these records with you for the dietitian to review.**

**\*Pureed Food Recipes**

**Basic Meat Stew**

2 tbsp. oil

1 ½ pounds boneless stew meat, cut into 1 inch cubes

⅓ cup flour

3 cups liquid (water or vegetables juice)

4 medium potatoes, scrubbed and cut up

5 medium carrots, scrubbed and cut up

Heat oil in a large size heavy saucepan over medium high heat. Coat the meat in flour and brown in the oil. Add the liquid and cover tightly. Simmer over medium heat for 1 ½ hours. Add potatoes and carrots. Cover and simmer for 20 minutes. Puree stew in food processor or blender until smooth. Store in refrigerator up to 2 days or in the freezer for 2-3 months.

Makes 20-25 food cubes

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Nutrition Facts:

Serving Size: per 4.65 ounces

Calories: 139 Protein: 13 grams Total Fat 4.21 grams

**Soybean Puree**

1 cup dry soybeans

3 cups water

$\frac{3}{4}$  cup unsalted tomato juice for thinning

Rinse and soak the soybeans overnight in the refrigerator. Simmer beans in 3 cups water for about 2 hours. Puree with food processor or blender, adding tomato juice to thin.

Makes 12 food cubes

Nutrition Facts:

Serving Size: per 3.17 ounces

Calories: 67 Protein: 6 grams Total fat: 3 grams

**Combination Dinner**

1 cup cooked meat (beef, chicken, fish, ham, etc.)

$\frac{2}{3}$  cup cooked vegetables

1 cup stock

Place in blender or food processor. Puree and freeze into ice cube trays.

Nutrition Facts:

Serving Size: per 2 ounces

Calories: 36 Protein: 5 grams Total Fat: less than 1 gram

**Pureed Legumes**

1 cup any legume (black beans, kidney beans, garbanzo beans, navy beans, pinto beans, black eye beans, lentils, etc...)

3 cups water

$\frac{3}{4}$  cup nonfat milk

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Rinse 1 cup of any legume. Soak in water overnight or bring to a boil for 2 minutes, cover, and then allow to sit for 2 hours. Drain off the soaking water or cooking water, then add 3 cups fresh water and bring beans to a boil. Reduce heat and simmer, covered, until beans are tender (30 minutes-2 hours depending on the legume). Skim the surface often as beans are simmering. Puree with 3/4 cup nonfat milk.

Freeze in ice cube trays.

Nutrition Facts:

Serving Size: per 2 ounces

Calories: 28 Protein: 2 grams Total Fat: less than 1 gram

### **Cream of Tomato and Chile Soup**

- 1 Tbsp Olive Oil
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 10 plum tomatoes
- 2 red jalapeno peppers, diced, seeds removed
- Water as needed
- 1/3 cup skim milk
- 3 scoops protein powder
- Salt and pepper to taste

Heat oil in a crock pot or large saucepan over medium heat. Add onion and garlic, sauté until onion has softened. Add the tomatoes, jalapeno peppers, cook until heated through. Add just enough water in the pot to just cover the vegetable mixture. Simmer for 10-15 minutes over low heat. Place the contents of the pot into a blender or food processor, puree until smooth. Strain contents of the blender through a fine colander. Add milk, protein powder, and salt and pepper to taste. Store in the refrigerator for up to 2 days or 1 month in the freezer.

Makes: 32 oz. food cubes

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 23 Protein: 3 grams Total Fat: less than 1 gram

### **Basil Mashed Potatoes**

- 4 medium Yukon gold potatoes, peeled, cut into 1 inch cubes
- 3 Tbsp Smart Balance spread
- 1/4 cup skim milk
- 1/3 cup of fresh basil leaves, pureed with 2 Tbsp of olive oil

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Salt and pepper to taste

Place potatoes in a stock pot filled with cold water. Place pot on stovetop over high heat. Boil potatoes until very soft (To check if the potatoes are soft enough, just take a fork and push a piece of potato against the side of the pot. If the potato breaks easily it is ready). Strain out the water from the pot in a colander. Place potatoes back in the empty stockpot. With a hand mixer mix the potatoes until they are a “paste” consistency. Mix in the Smart Start spread, butter, basil puree, and salt and pepper. Store in the refrigerator for up to 2 days or 1-2 months in the freezer.

Makes: 25-30 oz servings

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 38g Protein: 1 gram Total Fat: 2 grams

### **Chocolate and Banana Pudding**

1 cup of sugar free/ fat free chocolate pudding

1 whole banana, peeled and pureed

1 scoop of protein powder

Combine all ingredients in a medium sized bowl. Mix thoroughly. Serve cold. Keep in the refrigerator for up to 1 week or 2-3 months in the freezer. Makes 10-12 oz. food cubes.

**Tip:** If freezing pudding in ice cube trays. Place a toothpick inside of each cube of pudding before freezing to create chocolate and banana fudge popsicles.

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 28 Protein: 3 grams Total Fat: less than 1 gram

### **Orange and Cream Protein Smoothie**

2 cups of vanilla fat free yogurt

1/3 cup of orange juice

1 cup of skim milk

3 scoops of protein powder

Combine all ingredients in a blender. Blend until smooth. If you would like a thinner smoothie, just add more skim milk to blender until desired consistency is reached. Keep in the refrigerator for up to 2 days or 1 month in the freezer. Makes 24-28 oz. servings (**Tip:** This recipe can also be made into a Popsicle by using the same method as the Chocolate and Banana Pudding.)

Nutrition Facts:

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Serving Size: per 1 ounce

Calories: 32 Protein: 4 grams Total Fat: less than 1 gram

Recipe Reminders:

Be creative. Try pureeing different meats and vegetables.

Add flavor by using liquids other than water.

Try adding herbs and spices.

If you have any questions with the post-operative diet, please feel to contact Pompeii Surgical Center

## **Instructions for Post-Op Medications**

### **Cefalexina (Antibiotic)**

Preparation: Add water (Bottled, Purified) to the RED Arrow. Shake well. If after shaking mixture level is below Red Arrow add more water. DO NOT USE Tap Water.

Once mixed medication can be stored at room temperature for seven (7) days,

Take 5 ml every 12 hours for 3 days.

### **Ketorolaco (Pain Medication)**

Take one (1) pill every six (6) hours as needed.

### **Riopan (Antacid Liquid) Take first week Post-Op**

Take 5 ml (1 teaspoon) three times daily for one week.

### **Omeprazole (Antacid Capsule) Take second week Post-Op**

1 capsule (20 mg) Every 12 hours for 7 days

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\*If you have heartburn after 2 weeks, take Nexium 20 mg in the morning & 20 mg at night for 2-4 weeks until it is controlled, then reduce to 10 mg in the morning / 10 mg at night for 2-4 weeks. Follow up with your primary care provider.

## Wound Care

Your incisions should need minimal care.

**Since nylon sutures were used, they will have to be removed, usually around the twelfth (12) to fourteenth (14) day after surgery. This should not cause any pain. Please email pictures of your incisions before removing your sutures to**

**Adrian Escandon at [aescandon77@gmail.com](mailto:aescandon77@gmail.com)**

It is important to keep it clean and dry to promote faster healing. Unless otherwise prescribed, you should shower, wash with soap, rinse and dry thoroughly. If the wound is oozing or catching on clothing, you may cover it with a very light dressing, but otherwise leaving the wound open to air whenever possible may help prevent suture infection. Absolutely do not pick at the incisions, stitches, or scabs. You will get an infection.

Once all your incisions have closed it is usually safe for your incision to get completely wet. Your incisions should be closed within three to four weeks. As you feel stronger, you may enjoy a swim or a soak in the tub.

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Despite the greatest care, any wound can become infected. If your wound becomes reddened, swollen, leaks pus, has red streaks, has yellow/green purulent or odorous drainage, feels increasingly sore or you have a fever above 100.5T, you must notify your surgeon right away. These may be signs of an infection.

Do not use any antibiotic ointment or other occlusive ointment on your incision, unless your medical team has instructed you to do so.

These are the laboratory test that Dr. Quinones recommends you have at six months and twelve months after your Vertical Gastric Sleeve surgery:

CMP Lipid Profile CBC with differential B12 Bili-direct Ferritin	Vitamin K Uric Acid Vitamin A Vitamin E	PTH Magnesium Folate Thiamine (B1)
B6	Iron/TIBC	Vitamin D (25 hydroxy)
Zinc Phosphorus Copper	Selenium	Prealbumin