

# **Bariatric Surgery Nutrition & Recovery Guide**



**This is your comprehensive postoperative guide  
covering all stages of nutrition, hydration,  
activity, symptom management and long-term care  
after bariatric surgery.**

**This extended version contains detailed day-by-day  
and week-by-week instructions to help  
you follow your recovery plan safely and confidently.**



# PHASE 1

STARTING WITH CLEAR LIQUIDS, THEN CONCENTRATED LIQUIDS

## • DAY •

01

### • On the day of surgery

- On the day of surgery
- No food or liquids should be consumed.
- All fluid and nutritional needs are provided through IV infusion.

### • The day after surgery

- A fluoroscopy (leak test) is performed by the hospital's radiology department.
- When the results are normal, you may begin a clear liquid diet by taking small sips of **100% sugar-free apple juice**.
- This day is considered Day 1 of your nutrition plan.

## • DAY •

02

- Wait 10 seconds after each sip

- Once the feeling of fullness passes, you may take a few more sips.

- Insufficient or excessive fluid intake may cause stomach pain, gas, or vomiting.

### How to Drink



### First 2 Days — Total Intake



x2=400 ml  
water



x2=400 ml  
clear fruit juice

**Total: 800 ml (approximately 27 oz)  
total fluid**

## • DAY •

03

## • DAY •

04

## WHAT YOU CAN / CANNOT DO

### Allowed to Consume

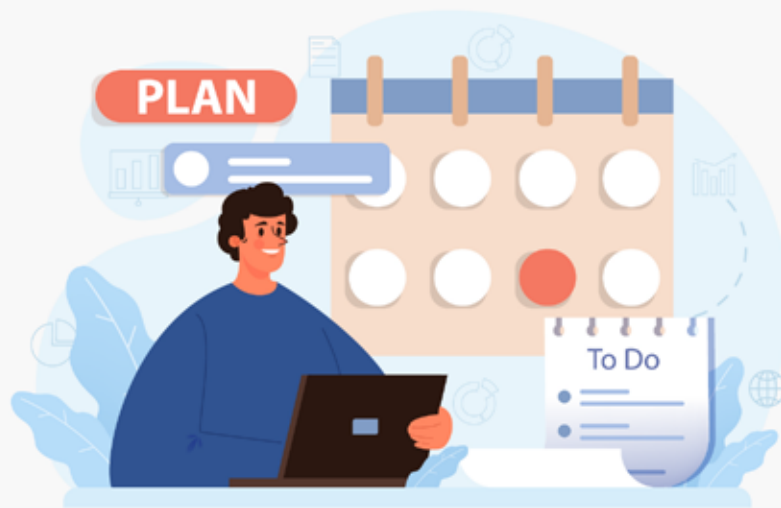
- Water
- Light tea without milk (such as chamomile, rosehip)
- Sugar-free, clear fruit juice
- Freshly squeezed, strained, sugar-free fruit juices (apple, grape, apricot, peach, etc.)
- Fat-free/lactose-free milk, soy milk
- Strained, clear vegetable soup (spinach, carrot, potato, zucchini)

### Absolutely Not Allowed

- Sugary drinks, carbonated beverages, alcohol
- Fruit juices with added sugar
- Strong tea, coffee, caffeinated drinks
- Instant soups; vegetable soups made from vegetables not listed
- Dishes made with bouillon cubes
- Cocoa, chocolate, flavored milk
- Solid foods
- Tomato/pepper paste

**If you cannot tolerate fruit juices, you may continue with water.**

## Daily Sample Plan (Section 1)



<b>Starting the Day</b> <ul style="list-style-type: none"><li>• 1 glass of water or warm herbal tea (such as linden)</li></ul>	<b>Breakfast</b> <ul style="list-style-type: none"><li>• 1 glass of freshly squeezed (or sugar-free) apple/cherry/pineapple juice</li></ul>	<b>Snack</b> <ul style="list-style-type: none"><li>• 1 glass of fat-free milk</li></ul>	<b>Lunch</b> <ul style="list-style-type: none"><li>• 1 ladle of homemade clear beef/chicken broth (no spices, no bouillon cubes)</li></ul>
<b>Snack</b> <ul style="list-style-type: none"><li>• 1 glass of sugar-free fruit juice</li></ul>	<b>Dinner</b> <ul style="list-style-type: none"><li>• 1 ladle of sugar-free compote juice</li></ul>	<b>Before Bed</b> <ul style="list-style-type: none"><li>• Fat-free milk or fruit juice</li></ul>	<b>During The Day</b> <ul style="list-style-type: none"><li>• At least 2 glasses of water</li></ul>

## PHASE 2

THICK LIQUIDS (DAY 5 – DAY 14)



### From Day 5 Onward, You May Add

- Clear, very watery tomato soup (no spices)
- Clear, watery pea soup
- **Not yet allowed:** lentil soup, chicken soup, broccoli soup



### From Day 7 Onward, You May Add

- Fat-free plain yogurt
- Lactose-free milk, almond milk, soy milk
- Protein bars (Nutricia / Nestlé)
- Protein powder (shake)



### Important Reminders for 10 Days

- Only **clear liquids**
- **No spices**
- No tomato paste or flour
- Do **not** chew gum → it causes gas and increases hunger
- For bad breath: sugar-free lozenges, tooth brushing, mouthwash



### Vitamin Recommendations

- Barifit Chewable Multivitamin
- Supradyn All Day
- Solgar VM2000
- Life Time multivitamin series





# PHASE 3

THICK LIQUIDS (DAY 15 – DAY 20)

• DAY •  
**15** – **20**  
• DAY •

## Days 15–16

- 1 egg white + fat-free white cheese
- Alternative: cottage cheese
- Fat-free / sugar-free vegetable purées (potato, zucchini, carrot, spinach, etc.)

## In the Following Days (Day 17 - Day20)

- Soft-boiled egg → later, fat-free omelet
- Sugar-free, fat-free ice cream (a few spoonfuls)
- Probiotic yogurt + fruit purées
- Add **one new food per day**
- Track your protein intake (take notes)



• DAY •  
**21**

# AFTER DAY 21

FOODS TO INTRODUCE

## Fluid Intake:

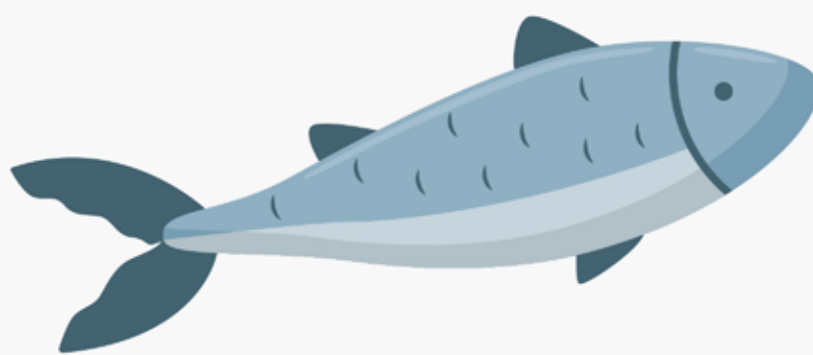
- 6–8 glasses of water per day
- No liquids during meals  
(avoid drinking 30 minutes before and after eating)



## Maximum portion size: 100 ml

## Foods You May Add

- Fresh fish baked or grilled
- A small amount of spices may be used
- Fruits: banana (peeled), grated apple, strawberries, watermelon, peach, fig
- Sugar-free baby foods can be used if you are outside
- Light tuna
- Boiled egg salad



## Not Yet Allowed

- Orange, mandarin, grapefruit





# PHASE 4

SOFT SOLID FOODS (DAY 21–30)

• DAY •  
**21**

–

• DAY •  
**30**

## Foods You May Add

- Well-mashed meatballs
- Fat-free ground beef with grated tomato
- Whole-wheat bread (toasted only; 1 slice per day)
- Soft chicken (easily mashed with a fork)
- New vegetables (delay for 1 week if they cause gas)
- Overcooked whole-wheat pasta (2 tablespoons)



## FOODS TO AVOID

- Oil, butter, cream
- Full-fat cheeses
- Mayonnaise, ketchup, packaged sauces
- Bouillon cubes
- Sausage, salami, pastrami
- Fried foods
- Chips, chocolate, cookies, biscuits
- Pastries
- Rice, corn
- Nuts
- Packaged/processed foods
- White bread



## GENERAL NUTRITION RULES

- Protein first → then carbohydrates
- Minimum eating time: **20 minutes**
- **3 main meals + 2 snacks**
- No large pieces of meat for the first **5 months**
- Avoid starchy foods
- Avoid fibrous, hard vegetables (celery, coconut, etc.)
- Pickles, legumes, cabbage, mushrooms, spicy foods → **not allowed**
- Dried fruits → **not allowed**

## FLUID INTAKE

- After [first] day: **1 L per day**
- After [first] week: **maximum 1.9 L per day**
- **Do not consume fluids during meals**
- Sip water in small amounts throughout the day
- For **1 month** : no soda, alcohol, coffee, or energy drinks



## RETURN TO DAILY ACTIVITIES

- [Day 3] → Shower (requires confirmation with operating surgeon)
- Keep bandages/strips dry (unless your doctor allows brief water exposure)
- Use lukewarm, short showers, not hot
- Do not rub or scrub incision areas
- Gently pat dry after showering

**Days 3–7** → Indoor walking at home

[Day 7+] → Outdoor walking

[Day 10–15] → Driving

### Additional Guidelines

- Take **small bites** and chew thoroughly

Feeling of fullness is felt as **pressure under the chest**



## FOLLOW-UP TESTS (1st, 3rd, 6th, 12th Months)

- Complete Blood Count (CBC)
- Biochemistry Panel
- Ferritin
- Folate
- Vitamin B12
- Iron
- Total Iron Binding Capacity (TIBC)
- Parathyroid Hormone (PTH)
- Hemoglobin A1c (HbA1c)



## Disclaimer

This booklet is not a strict diet plan that you must follow exactly. It is intended to give you a general understanding and to serve as a guide while you develop new eating habits and routines after your gastric sleeve procedure. Your nutrition and dietary plan will be personalized and regularly provided to you by our team, according to your individual needs and medical case. Always follow the recommendations given specifically to you by your healthcare professionals.