

1 Month After Bypass or Sleeve

As you continue to recover from your surgery, you may be feeling better than you have in a long time. On average, you have lost 20-40 pounds. You are becoming a healthier person. You may find it easier to do your normal activities. Your medical problems may be resolving.

Reminders & Tips

EATING

1. Portion size should be 4-6 ounces
2. Have 5-6 small meals per day.
3. Take small bites, and chew them to a pureed consistency
4. Continue to eat your proteins first.
5. Add one new food at a time
6. Avoid raw vegetables, salad, and red meats until 3 months

DRINKING

If water makes you nauseated or is hard on your stomach, try adding a no calorie flavor packet like Crystal Light. Other waters, like Dasani, are better tolerated. The higher solute, or mineral content, in these drinks are easier to digest.

VITAMINS

It is time to begin your Calcium Citrate with Vitamin D. The dose should be 2 maximum strength or 3 petite pills, 3 times a day.

If you are having trouble swallowing these pills, consider the Bariatric Advantage Chewy Bites, which are available at the office.

YOUR LIFE

1. Begin a structured exercise program. This should include cardiovascular training to strengthen your heart, and resistance training to strengthen and maintain your muscle mass.
2. Food Journals are helpful as you begin to try new foods. Don't just record what you eat, but also how satisfying it was and problems if they arise.
3. Attend a support group meeting. Call (706) 509-6822 for more info.

GOALS

Use this space to begin to set goals. Break long term or big goals down into smaller goals. The success of attaining a small goal will motivate you to keep training.

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Notes & Recommendations from your visit