Weight Loss Surgery
Specializing in laparoscopic bariatric surgery

What we expect from you after surgery

✓ Motivation and accountability

It's important to set up a plan to keep yourself motivated and accountable to your new healthy habits. Here are some examples: journaling, joining a virtual or in-person support group, working with a bariatric dietitian, working with a psychologist or a life coach, checking in with a good friend every month, etc.

✓ Physical activity

Physical activity is an important part of a healthy lifestyle. Regular exercise is not only beneficial for physical health and weight loss, but it also positively impacts our mental health, sleep, stress levels, mood, fatigue levels and self-esteem. Choose activities you enjoy and ones you realistically can do often. If you have mobility limitations and/or pain with exercise, we recommend you work closely with a physiotherapist or a kinesiologist.

✓ Nutrition: Eating and drinking

Healthy eating takes planning and practice. For many patients, it takes many months after surgery to adjust to all of the lifestyle changes.

1. **Have 3 meals + 2-3 snacks every day.**
2. **Aim for around 1 cup of total food at meals and snacks.**
3. **Eat slowly and chew your food really well.**
4. **Meet your protein goal regularly.**
5. **Have fruit and vegetables daily.**
6. **Choose high fiber grain products often.**
7. **Avoid drinking and eating at the same time. Stop drinking 15 minutes before eating and wait 30 minutes after eating.**
8. **Water should be your drink of choice after surgery.**
9. **Limit sweets and salty junk food.**
10. **Avoid eating for stress, anger, anxiety, etc. on a regular basis. Find healthier ways to manage your emotions**
11. **Take your vitamins every day.**
12. **Plan for blood tests at 6 and 12 months after surgery and then annually.**

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The following are a list of foods to avoid or limit after surgery:

Food product	Examples	Consequence
Concentrated sweets	Sugar, juice, pastries, cookies, cake, ice cream, candy/chocolate bars, honey, maple syrup, jam, etc.	Dumping syndrome, reactive hypoglycemia and weight gain (when consumed in high amounts regularly).
Greasy/High fat foods	Fatty meats, skin on poultry, bacon, sausage, added fats (i.e. excess butter, excess oil), heavy cream sauces, fried foods, etc.	Dumping syndrome and weight gain (when consumed in high amounts regularly).
Carbonated beverages	Soda, mineralized water, sparkling water, beer, etc.	Heartburn, bloating and increased cravings for junk food and/or fast food.
Caffeine	Coffee, black tea, energy drinks, etc.	Heartburn and poor sleep. Limit caffeine to 400 mg per day (ex. 3-4 cups of regular coffee). Be mindful of how many calories you're adding to your coffee and tea (i.e. cream, sugar, flavoured syrups, etc.).
Alcohol	Beer, wine, spirits, etc.	Heartburn, weight gain and stomach ulcers (when consumed in high amounts regularly). Avoid alcohol completely for the first 3-6 months after surgery. Note: There are higher rates of alcohol abuse after bariatric surgery, specifically after the Roux-en-Y gastric bypass procedure.
Soft "doughy" grain products	Untoasted breads, pasta, rice, etc.	Dysphagia ("stuck" feeling when swallowing) for some patients.
Fibrous foods	Celery, artichokes, raw broccoli, corn, lettuce, pork chops, barbecued steak, etc.	High fiber food and dry meats are harder to digest. It takes most patients many months to be able to eat these foods comfortably.

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