

POST-OP Instructions

Advance diet according to booklet. At least 60 gram Protein per day.

See the dietitian.

See the psychiatrist.

See your primary doctor.

Come to support group.

Exercise. Start with walking, bicycling, running. You can do all activities at 4 weeks after surgery.

Do not drink anything with calories like milk, juice, soda, sports drinks, etc. Forever!

Do not drink half an hour before meals, during meals and one hour after meals. Forever!

Do not eat foods that are called: fried, creamy, rich, breaded, battered, buttered etc.

Drink water as much as you like, at least 64 oz. (flavored waters with 0 calories are o.k.)

Do not take anti-inflammatory medications (Motrin, Aspirin, Naproxen, etc). If you need to take one of these medications speak to us first. **DO NOT SMOKE!!** (both increase risk of ulcers)

Chewable Multivitamin with iron daily:

Any pharmacy brand,
or 2 Flintstones,
or Optisource (here in the
office) take 2 in AM, 2 in PM

Calcium chewable, 1500 mg with Vitamin D daily:

Any pharmacy brand,
or Viactive (take one in AM,
one for lunch, one in PM)
or Caltrate with D (take one
in AM, one for lunch, one in PM)
or Optisource (here in the
office)

One B-complex Vitamin daily:

Any store brand

One Vitamin D 50,000 units weekly:

Prescription given in office

Come to see us in the office at your scheduled visits for the rest of your life !!!!!