

### **Post-Op Diet (Back at Home)**

We recommend patients take 2 to 3 weeks off work starting from surgery day. However, most patients are able to return to work sooner. Please let us know if you need paperwork signed for medical leave from work.

A good rule of thumb for the post-op diet, starting from your date of surgery.

- **Phase One (Week 1):** Continue with clear liquids only.
- **Phase Two (Week 2):** Add thick liquids to your diet.
- **Phase Three (Week 3):** Add pureed foods and soft solids to your diet.
- **Phase Four (Week 4+):** Add solid foods slowly. Remember to give your stomach time to heal and reduce swelling.

Restart your medications as instructed by the doctors. If you are diabetic and use insulin, you may have to adjust the amounts as your dietary needs have changed.

**\*Make sure to sip 64 ounces of clear fluids (like water) daily.**

Ask your surgeon when to start daily vitamins, biotin, calcium chews, and sublingual B-12. Your stomach may be rumbling for several weeks!

Refer to the [post-op diet](#) plan for foods to incorporate into your diet.

If you have questions regarding your post-op diet, you can email them to our nutritionist at [nutrition@?????.com](mailto:nutrition@?????.com). Any medical questions should be directed to the your surgeon [dr\\_fredylopez@icloud.com](mailto:dr_fredylopez@icloud.com) or our medical coordinator at [DrStevenKhan@me.com](mailto:DrStevenKhan@me.com). Your patient coordinator can assist you in sending your questions to the physician.

Finally, make sure to schedule a follow-up appointment with your primary care doctor within ten days of returning home.