

What Can I Eat After Bariatric Surgery?

Any major surgery will require an extensive, weeks-long recovery process. Bariatric surgery, or weight-loss surgery, is no different. It's important to follow the instructions of your medical team, which ideally includes a dietician to guide you not only through recovery but into better lifestyle habits in the long-term. Your post-surgery meals will include temporary dietary restrictions, but it's important for your body to still receive the necessary nutrients during recovery.

What to eat after bariatric surgery

Immediately after your procedure, you must be on a [clear liquid diet](#) for at least the first 24 hours. This means solely water, low-sodium clear broths, or sugar-free gelatin. After that, you can begin a general liquid diet until your first post-operative appointment, which is normally in a week. Water is always a safe choice, but any other liquids you consume cannot contain any caffeine or added sugar or sweeteners. So, you can drink skim milk, strained cream soups, low-sodium broths, juice, protein shakes, coffee, and teas, but carefully read their labels and ingredients.

After your first post-operative appointment, if it is approved by your doctor, then you can move on to a pureed or soft foods diet. Any food you eat for at least the next two weeks will need to be a paste or thick liquid with no solid pieces. You can puree or blend solid foods such as lean meats or fish, cooked cereal, fruits and vegetables, cottage cheese, scrambled eggs, and soups with your liquid of choice.

For the following two weeks, you will begin a [soft foods diet](#) at your doctor's approval. This includes foods that are easier to chew and aren't stringy. It can be cooked vegetables with no skin, soft fruits with no seeds or skin, eggs, cooked or dried cereal, ground meat, and fish. It is best to still avoid bread and rice at this stage. Be sure to chew everything very slowly, eliminating all lumps before swallowing. Cutting things up into small pieces before you eat can make it easier.

Next, if your doctor continues to support your progress and recovery is going well, you can finally get back to having solid foods. Try new foods one at a time, doing a trial-and-error process to determine what your body can handle. Certain foods could cause stomach pain, nausea, or vomiting, so listen to your body's reactions. Fried or spicy foods, bread, carbonated drinks, tough meats, popcorn, nuts, and seeds commonly cause symptoms.

Always consult with your doctor

Eventually, you should resume the ability to resume your typical pre-surgery diet. However, consume everything slowly and pay attention to signs from your body. For more information on bariatric medicine and all your [weight-loss surgery options](#), contact us at [Tri State Bariatrics](#). We have an amazing team of doctors here to discuss all of your options and guide you through implementing healthy lifestyle choices in the long-term.