

# Bariatric Surgery Dietary Guidelines

Date: [Insert Date]

Dear [Patient's Name],

Congratulations on taking the first step towards a healthier you! As you prepare for your bariatric surgery, it is essential to follow these dietary guidelines to ensure the best possible outcomes.

## Pre-Surgery Dietary Guidelines:

- Follow a high-protein, low-carbohydrate diet as recommended by your healthcare provider.
- Avoid sugary drinks and high-calorie snacks.
- Drink at least 64 ounces of water daily.
- Include plenty of lean protein sources such as chicken, turkey, fish, and plant-based proteins.
- Limit portion sizes and eat slowly to prevent discomfort.

## Post-Surgery Dietary Guidelines:

- Start with clear liquids for the first few days post-surgery.
- Gradually introduce pureed foods, then soft solids after a few weeks.
- Focus on high-protein foods and include a protein supplement as recommended.
- Avoid carbonated drinks and high-sugar foods.
- Maintain regular follow-up appointments to monitor your progress.

If you have any questions or need further assistance, please do not hesitate to reach out.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]