

Hello.

Thank you for choosing one of our TLC surgeons as your weight loss specialist!

Since 2008, we have successfully helped thousands of patients live happier healthier lives, and we look forward to supporting you on your journey ahead.

The following is your Surgery Packet, which contains details on what to expect before, during, and after weight loss surgery. Please carefully read through this packet and watch the pre-operative videos posted on our website at TLCsurgery.com under Patient Resources.

Note, this surgery packet and accompanying videos are informational only and does not replace the advice given by your doctor.

We are happy to answer your questions and make sure we are doing our best for you. You may submit these questions through your patient portal.

Sincerely,

-TLC Surgery

POST OPERATIVE AGREEMENT

for TLC Surgery

If you are experiencing any problems, please schedule an appointment by calling the office. The staff at TLC is available to help you at any time.

In the event that your follow-up care is being provided by a physician other than your surgeon (if you live in another city or state), please contact our office for information on the necessary lab work, which should be performed by your new physician. We will be happy to make a copy of your surgical report viewable to you on your patient portal.

If you notice signs or symptoms of any of the following, please notify the office immediately by calling (713) 493-7700. The after-hours emergency number for Dr. Scarborough, Dr. Yu, Dr. Mehta, and Dr. Tsiao is the same. Just press the option to speak with the on-call surgeon.

- Persistent Vomiting
- Abdominal Pain
- Abdominal Distention
- Passing Blood
- Chest Pain
- Hiccups (could indicate abscess in diaphragm)
- Wound Problems (redness/ discharge)
- Fever
- Shortness of Breath (could indicate blood clot; look for swollen legs or one larger than the other)
- Vomiting
- Swelling
- Fever (>100.8)
- Heart Racing

Post-Operative follow-up appointments must be scheduled at:

- 2 weeks
- 3 months
- 6 months
- 9 months
- 1 year
- Annually

Patient Name

DOB

Patient Signature

Date

MEDICAL EMERGENCY & NON-EMERGENCY*for TLC Surgery***MEDICAL EMERGENCY**

1**CALL 911**

if any medical emergencies arise such as:

- New onset of acute Pain (pain 7-10/10)
- Shortness of Breath/ unable to breathe
- Chest Pain

2

Then CONTACT TLC Surgery
at 713-493-7700 or message in your Patient Portal

PERFERRED EMERGENCY ROOM

HCA Houston Health Care, Medical Center
1313 Hermann Drive
Houston, TX 77004

NON-EMERGENCY

If you are experiencing any of the following, please send TLC Surgery a message through the Patient Portal.

- Constipation
- Gas
- Reflux
- Headache
- Itching
- Blurry vision
- Lifting and exercise

THE OPERATIVE CHECKLIST

for TLC Surgery

Please follow the schedule below, unless otherwise directed by your surgeon.

ONE MONTH Prior to Surgery:

- STOP smoking, vaping, and all other nicotine products.
- STOP estrogen containing products such as birth control, IUDs, and hormone replacement therapy. Please consult your gynecologist for alternatives, if advised. This is a recommendation from American Society for Metabolic and Bariatric Surgery.
- VERIFY with your surgeon which medications you can and cannot take the morning of your surgery.
- ASK your surgeon when blood thinners should be stopped, if applicable.
- PREPARE questions to ask your surgeon at your pre-operative appointment.

TWO WEEKS Prior to Surgery:

- ATTEND your pre-operative appointment with your surgeon and schedule your post-operative appointments: 2 week follow up and First Bite Nutrition Class.
- STOP taking Qsymia, Phentermine, and all other weight loss medications. Please discuss the continuation of all daily medications with your doctor and/or the hospital.
- START pre-operative liquid diet. BMI of 50 and higher: 2 week liquid diet, BMI of 49 and lower: 1 week liquid diet.
- CONTINUE taking your recommended vitamins up to the day before surgery.
- SUBMIT your final surgery payment. This may be done on the TLC Surgery's website by going to TLCsurgery.com and clicking "Pay Surgery Fee" at the top.
- DO NOT drink alcohol in preparation for your surgery.

MEDICAL EMERGENCY

If any medical emergencies arise **call 911** and contact the office at 713-493-7700.
TLC Surgery's preferred Emergency Room is HCA Houston Health Care located in the Medical Center on
1313 Hermann Drive Houston, TX 77004

THE OPERATIVE CHECKLIST- CONTINUED

for TLC Surgery

ONE WEEK (7 days) Prior to Surgery:

- **CALL the hospital to schedule your pre-admission testing appointment.** Your hospital will be one of the following. Please check your Patient Portal if you are unsure where your surgery is scheduled.

HCA Houston Healthcare, Medical Center
1313 Hermann Drive, Houston, TX 77004
(713) 527-5598, Day Surgery Phone

Memorial Hermann - Memorial City
921 Gessner Road, Houston, TX 77024
(713) 242-3702, Surgery Scheduling Phone

Memorial Hermann - Texas Medical Center
6411 Fannin Street, Houston, TX 77030
(713) 704-3724, Surgery Scheduling Phone

Townsen Memorial Hospital West
5850 Rogerdale Rd Bldg a, Houston, TX 77072
(346) 741-5800

Townsen Memorial Surgery Center - River Oaks
4120 Southwest Fwy #100, Houston, TX 77027
(346) 348-0020

- **STOP** taking NSAIDs (Non-steroidal anti-inflammatory drugs) such as Advil, Ibuprofen, Naproxen, Motrin, Advil, Aleve. Tylenol is okay to take as needed.
- **STOP** all herbal supplements. For specific questions about herbal supplements, please ask your doctor or the hospital.
- **ARRANGE** for children to stay at home while you are at the hospital.
- **ARRANGE** for someone to drive you to and from surgery. For your safety, you **WILL NOT** be able to drive yourself home, take a cab/ UBER, Lyft or bus.
- **REMINDER**, smoking can affect your recovery from surgery. It can slow the healing of wounds and cause stomach ulcers. It is not recommended immediately after surgery.
- **CALL** TLC surgery if you become ill (cold, flu, fever, diarrhea) or experience other issues prior to your procedure.

24 HOURS BEFORE SURGERY:

- Drink your enhanced surgery recovery drink (1 bottle of Ensure Pre-Surgery Clear Carbohydrate Drink or 12oz regular sports drink like Gatorade) at bedtime on the night before surgery and drink another serving 3 hours before your surgery time

DAY OF SURGERY:

- STOP eating/drinking after midnight: water, protein shakes, clear liquids, food, vitamins, unless otherwise instructed by your surgeon
- DO bring Insurance information and I.D. (example: driver's license) to hospital registration.
- DO leave valuables at home. TLC Surgery is not responsible for the loss of personal items, money, credit cards, wallets, jewelry, etc.
- DO bring a case for contact lenses and/or glasses.
- DO wear loose-fitting clothing appropriate for the type of surgery being performed.
- NO wearing makeup, powders, deodorants, or lotions.
- NO body jewelry or metal accessories. Please leave at home.

24 HOURS AFTER SURGERY:

- DO have an adult stay with you.
- NO making critical decisions.
- NO alcoholic beverages. Drink only approved clear liquids (water, crystal light, herbal tea, sugar free gelatin/popsicles, broth, low calorie sports drinks) for the 1st 2 days after surgery
- NO driving a motor vehicle or operating heavy machinery
- NO smoking or use of any nicotine/tobacco products

2-3 DAYS AFTER SURGERY:

- REMOVE On-Q PainBuster®, if applicable. Instructional video available on the TLC Surgery website.
- On day 3 after surgery, begin your full liquid diet which is thickened and smooth liquids (protein shakes, smooth yogurt, smooth blended soups, sugar free pudding)

TWO WEEKS AFTER SURGERY:

- ATTEND your two-week follow-up appointment with your surgeon.
- SCHEDULE your three-month follow-up appointment with your surgeon.
- ATTEND online First Bite Nutrition class.

THREE MONTHS AND BEYOND:

SCHEDULE your follow up appointments with TLC Surgery by calling (713) 493-7700. Please schedule your follow up appointments as follows:

- | | |
|-----------------------|------------------------|
| • 2 Weeks | • 9 Months, with labs |
| • 3 Months, with labs | • 12 Months, with labs |
| • 6 Months, with labs | • Annually, with labs |

THE PRE-OP LIQUID DIET

TLC Surgery Guide

WHAT CAN I HAVE?

The liquid diet has shown to help with weight loss, liver shrinkage, cleansing of your GI tract, and improved surgery recovery. This liquid diet will include drinking both protein shakes and clear liquids. No food is allowed.

1

PROTEIN SHAKES

- 3-5 Protein Supplements daily
- 60-150 grams protein
- "Ready to Drink" protein shakes
- Protein powders mixed with ice, water, milk, or unsweetened dairy alternative.
- NO blended fruit or juice
- NO smoothies.



>20 grams protein, <10 grams sugar, <10 grams fat, <250 calories per shake

2

64OZ CLEAR LIQUIDS

- See-through, any color
- Sugar substitutes are okay
- NO caffeine (decaf tea and coffee OK), sodas, fruit/green juices, cream soups, or alcohol
- Sugar free gelatin, Crystal Light, broth, and herbal tea ok



>50 calories, <10 grams sugar per 8oz, 64oz daily

THE PRE-OP LIQUID DIET

TLC Surgery Guide

EXAMPLE SCHEDULE

The following is an of a day on the TLC pre-operative liquid diet.

8:00 am	1 serving meal replacement mixed with ice and water, skim milk or unsweetened soy milk.
9:30 am	1 sugar-free Jello cup with 8 oz water
10:30 am	1 serving protein meal replacement mixed with ice and water, skim milk or unsweetened soy milk.
12:00 pm	16 oz. water
1:00 pm	1 serving protein meal replacement mixed with ice and water or skim milk or unsweetened soy milk.
2:30 pm	1 cup broth and 8 oz. water
3:30 pm	1 serving protein meal replacement mixed with ice and water or skim milk, or unsweetened soy milk.
5:00 pm	16 oz water
6:30 pm	1 serving protein meal replacement mixed with ice and water or skim milk or unsweetened soy milk
8:00 pm	1 cup broth and 16 oz. water

THE PRE-OP LIQUID DIET

TLC Surgery Guide

WHEN TO START?

The duration of your liquid diet is dependent on your current BMI. Please use the BMI calculator on our website at TLCsurgery.com and use the chart below to know when to start your liquid diet.

BMI 49 and lower

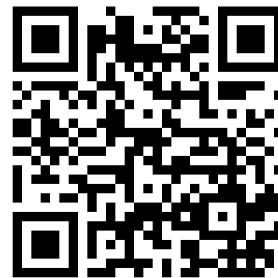
One-week before surgery date

BMI 50 and higher

Two-weeks before surgery date

Our website has a BMI
calculator for your convenience

Scan with your smart phone
for our website
www.TLCSurgery.com



CONSTIPATION WHILE ON THE PRE-OP LIQUID DIET

TLC Surgery Guide

WHY WOULD I BE CONSTIPATED?

Constipation may occur during your pre-op liquid diet due to high intake of protein.

WHAT CAN I DO?

You may use any of the following to help relive constipation:

FIBER POWDERS

- Benefiber
- Citrucel
- Metamucil
- Just Better



MIRALAX POWDER

- Use once daily



LAXATIVES

- Use as needed
- Smooth Move Herbal Tea
- Milk of Magnesia
- Colace
- Dulcolax
- Senokot



ENHANCED SURGERY RECOVERY DRINKS

Drinks to Help Your Recovery

WHAT DO THEY DO?

Drinking carbohydrates before surgery helps:

- Increase wound healing.
- Prevent surgical site infections.
- Reduce nausea and vomiting.
- Speed up recovery time.

WHAT SHOULD I GET?

Choose only one of the following:

Regular Sports Drink

Gatorade, Powerade, Body Armor
Grocery store/ Amazon



120Z x2

Ensure Pre-Surgery Clear Carbohydrate Drink

Amazon



1 bottle x2

WHEN SHOULD I DRINK?

- Drink 1 serving- The night before surgery day, before going to bed
- Drink 1 serving- The morning of surgery day, at least 3 hours before surgery time

****Do not EAT or DRINK anything (water, clear liquids, protein shakes, food) besides your enhanced surgery recovery drink****

FIRST BITE

Your Journey is Just Beginning

WHAT IS FIRST BITE?

First Bite is a dietitian-led class offered exclusively to TLC patients. It focuses on how to properly advance your diet after surgery. It is meant to be attended while you are still on the Full-Liquid phase of your diet progression. Your First-Bite class will be scheduled at your pre-operative appointment. You will attend this class virtually two weeks after your surgery.

HOW IS IT DIFFERENT?

How is First Bite different from the nutrition classes I attended prior to my surgery? The First Bite class is focused solely on life AFTER surgery. Because of that, more time can be given to providing you with sample diet plans and helpful hints for each stage of the diet progression as well as tips for long-term weight loss success.

WHAT DOES IT COST?

What does it cost to attend a First Bite class?

First Bite is FREE! Please attend two weeks after your surgery.

WHEN CAN I ATTEND?

The ideal time to attend a First Bite class is when you are 2 weeks post-op (after surgery). This is when most patients are progressing to the pureed phase of their diet; therefore, you will get the most benefit out of the class at this time.

HOW DO I REGISTER?

First Bite class is offered virtually. This class will be scheduled during your pre-op appointment.

POST-OPERATIVE NUTRITION GUIDELINES

The First Eight Weeks

OVERVIEW

POST-SURGERY DAYS	STAGE	GUIDELINES
DAYS 1 & 2	CLEAR LIQUID DIET	48 - 64 oz fluids daily
DAYS 3 - 14	FULL LIQUID DIET	48 - 64 oz fluids daily +40 - 60 grams protein daily Gradually start appropriate Bariatric vitamins
DAYS 15 - 30 Week 3 - 4	PUREED DIET	48 - 64 oz fluids daily +40 - 60 grams protein daily
Week 5 - 6	SOFT CHOPPED DIET	48 - 64 oz low sugar fluids daily +40 - 60 grams protein daily
Week 7 - 8	MAINTENANCE PHASE CHOPPED SOLIDS	48 - 64 oz low sugar fluids daily +60 - 80 grams protein daily Take bariatric vitamins every day

POST-OPERATIVE NUTRITION GUIDELINES

Day 1 and 2: Clear Liquid Stage

WHAT TO DRINK:

GOAL: +48-64 oz. Sugar Free Clear Liquids

Consume 2 ounces (4 Tablespoons/ 1/4 cup) clear liquid every 15 minutes to maintain hydration. Medicine/cough syrup cups measure 1 oz. and are very helpful.

CLEAR LIQUIDS GUIDELINES

- Less than 50 calories
- Less than 10 grams of sugar
- See-through
- Any color
- Sugar-free/low sugar, low calories.
- Sugar substitutes are okay
- NO caffeine (decaf tea and coffee OK), sodas, fruit/green juices, cream soups, or alcohol.



ACCEPTABLE CLEAR LIQUIDS

- | | |
|---|---|
| <ul style="list-style-type: none"> • Water • Propel Fitness Water • G-zero • Powerade Zero • Clear broth • Decaffeinated Coffee or Tea • Herbal Tea, such as Chamomile, Mint, Ginger | <ul style="list-style-type: none"> • Crystal Light • Diet Snapple • Fruit-2-O • Mio • Sugar Free Gelatin • Sugar Free Popsicles |
|---|---|

REMINDERS:

USE timers to track 15-minute liquid consumption and avoid dehydration.

TAKE small sips. No gulps!

AVOID straws! This will cause you to drink too much volume as well as draw in air.

AVOID chewing gum (may swallow too much air and cause chest pain).

AVOID carbonated beverages, caffeine or alcohol.

WATCH for signs of dehydration! Please refer to Post-Operative Hydration Strategies for signs, symptoms and tips to prevent dehydration.

POST-SURGERY NUTRITION GUIDELINES

Day 3-14: Full/Thickened Liquid Stage

WHAT TO DRINK:

GOAL: Start vitamins, +48-64 ounces of fluids; +40-60 grams protein daily

- Gradually **START** taking your Bariatric Vitamins now!
- **TAKE** 1500mg Calcium Citrate
- **TAKE** small sips and drink slowly to stay well hydrated.
- **AVOID** fruit juices, sugar-sweetened beverages, caffeine and carbonated drinks.

PROTEIN SUPPLEMENTS:

- +20grams protein, <10 grams sugar, <10 grams fat, <250calories
- Isopure Protein Powder, Bariatric Advantage High Protein Meal Replacement Powder
- Premier Protein, Muscle Milk, EAS Myoplex Light, GNC Lean Shake 25

THICK LIQUIDS:

- V-8 juice 100% vegetable juice (NO fruit juice)
- Tomato soup and other thick pureed soups (such as butternut squash soup)
- Campbell's 98% Fat Free Soups, strained.
- Sugar free pudding and fudge pops
- Cow's milk, unsweet soy milk/almond milk
- Low fat smooth Greek style plain/vanilla yogurt (no fruit pieces)

Protein powder may be added to foods or beverages to increase protein (such as Unjury, Nectar, Isopure brands). Refer to your nutrition packet for more options during this diet phase.

SAMPLE MEAL SCHEDULE

Breakfast	4oz (½ cup) protein shake (10g protein)
1 st Snack	¼ cup Oikos Triple Zero yogurt (6g protein)
2 nd Snack	4oz (½ cup) protein shake (10g protein)
Lunch	½ cup smooth lentil soup + 1 Tbs Greek yogurt (4g protein)
Snack	4oz protein shake (10g protein)
Dinner	½ cup smooth pea soup (9g protein)

POST-SURGERY NUTRITION GUIDELINES

Day 15-30: Pureed/Mashed Food Stage

WHAT TO DRINK:

GOAL: +48-64 fluid ounces, +40 – 60 grams of protein, continue vitamins

- Foods in this stage are the consistency of applesauce.
- DO Mash foods very well, or place in a food processor until minced.
- TAKE 30 minutes to eat meals, STOP eating after 30 minutes.
- AVOID drinking with meals: Wait 15 minutes after drinking, then eat. Wait 30 minutes after eating, then drink.

MASHED/PUREED HIGH PROTEIN FOODS:

- Fish (mashed very well)
- Cooked ground beef/turkey or chicken, pureed/blended in food processor
- Low fat Greek yogurt, fruits pieces ok (sugar <10 grams per serving)
- Soft scrambled eggs
- Mashed silken tofu
- Plain cottage cheese (add mashed canned fruits or sugar free jam)

OTHER MASHED/PUREED FOODS:

- Applesauce, mashed fruits (canned fruits in 100% fruit juice, bananas, pears)
- Mashed potatoes, mashed veggies (carrots, peas, broccoli, cauliflower)
- Plain instant oatmeal, grits, malt-o-meal, cream of wheat/rice
- Mashed beans, hummus
- Mashed avocado

SAMPLE MENU SCHEDULE

Breakfast	1 large soft scrambled egg or 2 egg whites (6g protein)
Snack	¼ cup low fat cottage cheese mixed with 1 Tbs. sugar free jam (8g protein)
Lunch	1oz ground turkey with 2 Tbs. well-cooked broccoli, minced together with 1-2 Tbs chicken broth (7g protein)
Snack	¼ cup Oikos Triple Zero yogurt (6g protein)
Dinner	1oz lemon herb flounder, mashed with 2 Tbs. mashed sweet potato (7g protein)
Snack	¼ cup low fat ricotta cheese with 1 Tbs. tomato sauce, sprinkle of Italian herbs and parmesan cheese (7g protein) (serve warm)

POST-SURGERY NUTRITION GUIDELINES

Week 5-6: Soft Chopped Solid Phase

WHAT TO DRINK AND EAT:

GOAL: +48-64 fluid ounces, +40 - 60 grams of protein, continue vitamins

- Eat protein first at all meals!
- Choose soft and easy to chew foods, chopped into small pieces.
- Foods should be chewed to applesauce consistency.
 - Tender Meats or Deli Sliced Meats
 - Hardboiled Eggs
 - Cheese (string cheese, Babybel)
 - Well cooked vegetables
 - Peeled Fruits
 - Soft Nuts
 - High Fiber Crackers
- AVOID bread, rice, pasta and tortillas.
- AVOID drinking and eating together.
- AVOID high fat/high sugar: foods and liquids.
- NO grazing (Snacking though out the day)

SAMPLE MENU

Breakfast	1 scrambled egg with 2 slices thin deli turkey (6g + 10g protein)
Snack	1 string cheese and ¼ cup fresh blueberries (6g protein)
Lunch	½ cup shredded skinless chicken thigh with ¼ cup black beans (14g + 4g protein)
Snack	½ cup Yoplait 100 vanilla Greek yogurt with ¼ cup chopped strawberries (10g protein)
Dinner	2oz baked salmon with ¼ cup chopped sautéed zucchini (14g protein)

POST-SURGERY NUTRITION GUIDELINES

Week 7-8: Maintenance/Solid Chopped Phase

WHAT TO DRINK AND EAT:

GOAL: +48-64 fluid ounces, +60 – 80 grams of protein, continue vitamins

- All foods need to be chopped into small pieces.
- Choose solid foods over liquids and pureed.
 - Lean grilled meats
 - Fruits WITH peels
 - Raw vegetables, VERY WELL CHOPPED
 - Salads and raw leafy greens, SHREDDED
- DO eat protein first at all meals!
- DO eat starches last, they should be the smallest food group on your plate.
- AVOID drinking and eating together.
- AVOID high fat/high sugar: foods and liquids.
- **TIP:** Foods that are cut into smaller pieces are easier to chew, especially raw vegetables and fruit peels.

SAMPLE MENU SCHEDULE

Breakfast	Premier Protein Shake (30g protein)
AM snack	¼ cup raw almonds and ½ cup chopped apple (7g protein)
Lunch	3oz chopped grilled chicken with ½ cup shredded romaine lettuce and 1tsp dressing (21g protein)
PM snack	2 Light Babybel cheese and 4 Triscuit crackers (12g protein)
Dinner	3oz baked Halibut and ½ cup broccoli florets (21g protein)

POST-OPERATIVE FAQ & TIPS

TLC Surgery Guide

MEDICATIONS AFTER SURGERY

- **USE** Pain, nausea, anti-inflammatory, and constipation medication as needed/directed by your surgeon. These prescriptions are given at pre-op; however, it can take up to one week for the prescription to be filled.
- **RESUME** all pre-operative medication unless instructed differently by your surgeon upon discharge. Any medication larger than an M&M must be crushed, cut, or changed to liquid form during the first 8 weeks after surgery. Check with your physician before crushing any medication.

RECOVERY INSTRUCTIONS

Plan on taking it easy for a while! Your body is recovering from the stress of major surgery and new weight loss.

- **NO** strenuous activity for 4 to 6 weeks after the operation.
- **DO** walk around! You may also climb stairs and perform light household duties, as tolerated. Walking and moving around helps prevent blood clots and improves the recovery process.

DIGESTION CHANGES

After surgery you may experience changes in your bowel movements and increased bloating/ gas. Making small changes in your diet can improve these digestion changes. Here are a few **TIPS** to try:

- **AVOID** Milk Products- sometimes diarrhea, gas and bloating may also be the result of lactose intolerance, therefore, it is best to avoid milk products as a first method of treating those side effects.
- **AVOID** Sugar Alcohols- these sugars can also contribute to intestinal discomfort. Watch for ingredients such as sorbitol, xylitol and maltitol, to name a few.
- **REDUCE** Fat Intake- this can improve issues relating to diarrhea or loose stools.
- **TAKE** a form gas relief tablets containing simethicone, such as Gas-X.

Please utilize the patient tools available through the Texas Laparoscopic Consultants website at www.tlcsurgery.com.

If, at any time, you feel as though your diet is not progressing as expected or that you may be experiencing something abnormal, please contact us: Call (713)493-7700

For Medical Emergencies please call 911

POST-OPERATIVE FAQ & TIPS

TLC Surgery Guide

HAIR LOSS/ SKIN CHANGES

Hair	In some patients, hair-thinning or hair loss may occur. This is temporary and usually resolves when nutrition and weight stabilize. The hair loss usually occurs anywhere from 3 to 6 months after surgery.
Skin	The same reason for the hair loss can also cause changes in your skin texture and appearance. It is not uncommon for patients to develop acne or dry skin after surgery. Protein, vitamins and water intake are also important for healthy skin.
Tip	You can minimize the loss of hair by taking all of your bariatric multivitamins daily and making sure that you consume at least 80 grams of protein per day. If after 6 months you start to lose hair, this can be a sign of protein/vitamin malnutrition. Always make sure you're getting enough protein and taking the appropriate vitamins.

SEX/ PREGNANCY

Sex	You may resume sexual activity when you feel physically and emotionally stable.
Pregnancy	Sexually active women of childbearing age will need to use a form of birth control, as fertility may be increased with weight loss. Oral contraceptives may not be fully absorbed. Discuss alternative forms of birth control with your gynecologist. Many severely obese women are infertile because the fatty tissue absorbs the normal hormones in addition to making some of its own. However, as weight loss occurs, this situation may change quickly. You may start planning a pregnancy after 18 months, when it is safe for you to conceive. DO NOT GET PREGNANT for at least 18 MONTHS. It is imperative not to become pregnant before this time, since we want both you and the baby to be healthy and safe. Should you become pregnant, we ask that you arrange for your OB/GYN to contact your surgeon's office.

POST-OPERATIVE CONSTIPATION

If these suggestions do not help you to achieve a bowel movement, please contact TLC Surgery at (713) 493-7700 and our medical team can further assist you.

During the first few weeks after surgery, you could experience the common and sometimes frustrating side effect of constipation. This is due to multiple reasons: anesthesia from surgery, changes in diet, and changes in physical activity. **TIP:** To prevent and help relieve constipation, we suggest adding the following tips:

HYDRATION: Stay hydrated with 64oz or more of water/low calorie-low sugar beverage. Keep drinking every day! A sign you are well hydrated is very light yellow or clear urine. Protein drinks do not count towards hydration.

FIBER: Aim for 25-30grams of fiber daily.

- Full Liquid Phase: Try smooth pureed veggies or bean soups (black bean, pea, lentil soups), 8oz “light” prune juice per day.
- Pureed Phase: pureed veggies and fruits, mashed beans or lentils, instant “plain” oatmeal
- Soft Chopped Phase: high fiber crackers with more than 3 grams of fiber per serving, plain bran flakes, FiberOne Original Bran Cereal (sticks, not flakes), stewed chopped prunes.
- Fiber: Taken twice daily; or any non-thickening fiber powder to mix into foods or liquids.

LAXATIVES:

- Smooth Move Tea 1 cup at night. This hot beverage is a caffeine-free tea containing Senna, a natural gentle laxative, available at most pharmacies. This will stimulate your colon to contract and push stool through your body (stimulant laxative)
- MiraLAX powder 1 capful dissolved into 8oz water, taken 1-2x daily. This white, clear dissolving powder is made with polyethylene glycol to help absorb water into your colon to soften your stool so it is easier to pass (osmotic laxative)

PROBIOTICS: Any over-the-counter brand is safe to try (Align, Culturelle, etc.) You can open up a capsule and mix the probiotic powder into any non-dairy foods (applesauce, oatmeal, etc.) There are many different strains of bacteria that may help relieve GI issues. Bariatric Advantage has a chewable probiotic (Chewable FloraVantage Probiotic: available in our online vitamins store at TLCsurgery.com)

PHYSICAL ACTIVITY: Daily walking for at least 30 minutes can help stimulate your bowels to move, and can also help relieve gas pain.

RE-POSITION YOUR SQUAT: Squatty Potty toilet stool helps to re-align your bowels while you sit on the toilet, allowing for easier passage of stool through your colon.

POST-OPERATIVE DIARRHEA

Prolonged diarrhea: this can lead to more severe complications such as dehydration and critical protein/vitamin/mineral deficiencies. Call TLC Surgery at 713-493-7700 to determine if more medical attention or other medications are needed.

Diarrhea or loose stool is common after bariatric surgery. This may be from too much fatty foods and sugar in the diet, processed starches that digest into sugar quickly, undigested food, sugar alcohols, lactose intolerance, and antibiotic usage. Here are your **TIPS** to resolve diarrhea:

DO: Rest, Chew Well, and Consider a Probiotic

Rest Allow your GI tract (stomach and intestines) to rest by drinking +64oz of clear liquids only for 2-3 days: water, decaffeinated tea/herbal tea, Propel Fitness Water, Vitamin Water Zero, regular sodium broth (not low sodium), and Pedialyte AdvancedCare Plus.

Chew Well Slow down when eating. Chop your food into nickel size pieces. Take one small bite at a time and chew each bite until it is mush.

Probiotic Consider taking probiotic pills to establish good bacteria in your GI tract. Strains of bacteria vary from brand to brand so you may need to try out different products to find one that works. Align, Culturelle, Bariatric Advantage FlorVantage, and Celebrate Vitamins Balance are some suggested brands.

REDUCE: Fat, Processed Carbohydrates and Fiber

Fat Reduce the number of fatty foods in your diet. Fats do not get absorbed properly due to an altered GI tract and can cause irritation in the colon.

Processed Carbohydrates Reduce eating low fiber foods that quickly turn into sugar (white rice, white flour pasta and crackers and bread, skinless potatoes).

Fiber Look for +3 grams of fiber per serving of food (beans, plain bran cereals, whole wheat crackers, plain oatmeal)

AVOID: Sugar, Sugar Alcohols, and Dairy

Sugar Avoid concentrated sweets (desserts, fruit juice, sugary beverages and sauces).

Sugar Alcohols Read the food labels and avoid sugar alcohols (erythritol, mannitol, xylitol, especially sorbitol). These are typically found in many “sugar-free” or “diet foods” like protein bars, sugar free desserts and dressings.

Lactose Intolerance Eliminate dairy (cow’s milk, cheese, yogurt, cottage cheese, whey/casein protein products). Choose plant-based protein products instead.

MEDICATIONS:

Discuss with TLC clinic staff if it is OK to use a dose of Imodium (Loperamide) or Lomotil (Diphenoxylate and Atropine) at bedtime. These medications can decrease the number of morning bowel movements or delay being awakened at night.

POST-OPERATIVE HYDRATION STRATEGIES

TLC Surgery Guide

HYDRATION AFTER SURGERY

It doesn't have to be overwhelming to find a balance between staying hydrated and getting in your protein and vitamins. Here are our tips and tricks to keeping up with your daily fluid intake!

64 oz	DAILY GOAL	HOW TO GET THAT	Drink 2oz. (1/4 cup) every 15 minutes
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HOW TO RECOGNIZE DEHYDRATION

MILD	dark yellow urine dry mouth fatigue lightheaded dizziness headache strong odor in urine	MODERATE	less urine output dry/sunken eyes rapid heartbeat poor skin turgor focus difficulty concentration difficulty	SEVERE	no urine possible kidney failure lethargy irritability vomiting diarrhea shock
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HOW TO STAY HYDRATED?

- **FOCUS** on hydration before protein and vitamins. Have a source of non-caffeine hydration with you at all times.
- **POUR** into your typical drinking vessel (mug, water bottle, glass, etc.) to see how much 8oz looks like.
- **PLAN** to drink 1/4 cup every 15 minutes to reach your daily goal hydration. What does 1/4 cup look like? 1/4 Cup is 2 fluid ounces or two standard medicine cups.

Two Standard Medicine Cups	=	1/4 Cup
		

- **CONSIDER** your phone to help set reminders to drink (15minute alarms, smart phone apps: Daily Water, iDrated, Waterlogged, Baritastic)
- **SWITCH** up beverage temperature to calm nausea: ice cold with ice, or room temperature, or hot herbal tea/hot broth. Hot liquids may also help relax swelling.
- **SWITCH** up beverage flavors to calm nausea: "spa water" infused with herbs (mint, basil) or fruits (lemon, orange, lime, grapefruit, strawberry, cucumbers, apples), liquid flavor concentrates such as Crystal Light, MiO
- **EAT** your liquids: sugar free popsicles are about 4oz per piece; sugar free gelatin counts too (1 sugar free packet makes 2 cups/16oz)
- **KEEP** hydration interesting. You'll build this into habit overtime.
- **SCHEDULE** your post-operative IV Hydration at our TLC MedSpa

POST-OP HYDRATION SCHEDULE EXAMPLE

Get Your Daily Hydration

9:00am	2oz chamomile tea
9:15am	2oz chamomile tea
9:30am	2oz chamomile tea
9:45am	2oz chamomile tea
15-minute break before eating	- -
30-minute break after eating	- -
11:00am	2oz Body Armor Lyte
11:15am	2oz Body Armor Lyte
11:30am	2oz Body Armor Lyte
11:45am	2oz Body Armor Lyte
15-minute break before eating	- -
30-minute break after eating	- -
1:00pm	2oz Crystal Light
1:15pm	2oz Crystal Light
1:30pm	2oz Crystal Light
1:45pm	2oz Crystal Light
15-minute break before eating	- -
30-minute break after eating	- -
3:00pm	2oz chicken broth
3:15pm	2oz chicken broth
3:30pm	2oz chicken broth
3:45pm	2oz chicken broth
4:00pm	2oz mint tea
4:15pm	2oz mint tea
4:30pm	2oz mint tea
4:45pm	2oz mint tea
	- -
	- -
5:00pm	2oz G Zero
5:15pm	2oz G Zero
5:30pm	2oz G Zero
5:45pm	2oz G Zero
15-minute break before eating	- -
30-minute break after eating	- -
8:00pm	½ sugar free popsicle (2oz)
8:15pm	½ sugar free popsicle (2oz)
8:30pm	½ sugar free popsicle (2oz)
8:45pm	½ sugar free popsicle (2 popsicles total)
9:00pm	4Tbs sugar free gelatin
9:15pm	4Tbs sugar free gelatin
9:30pm	4Tbs sugar free gelatin
9:45pm	4Tbs sugar free gelatin