

Sleeve Gastrectomy Post Operative Dietary Instructions

After the Sleeve Gastrectomy the stomach will be relatively restricted because of the post-operative swelling. In addition, the stomach has a much smaller volume than previously. During the first weeks after surgery the stomach is healing along the staple line. It is of utmost importance not to overpressurise the stomach. It is important for this reason to slowly introduce solid food.

It is recommended that you drink plenty of fluids over the first week or so to prevent dehydration. You should drink frequently small amounts so that you have greater than 1500mls per 24 hours.

Start with simple fluids (like water) straight after the operation, and progress to protein/energy drinks. The protein drinks will help your body to heal and recover from the surgery and the Optifast dieting.

In the first six to seven days or so take fluids only that could be sucked through a straw (you don't have to actually use a straw). The next 3 weeks: thickened fluids and purees. In total that means only liquids, purees and thickened fluids for 4 weeks.

Then, after 4 weeks, soft, low fibre foods, gradually thickening up through increasingly complex foods over the subsequent 2-3 months.

Week 1	Liquid Nourishment
Week 2 – 4	Pureed food
Week 4+	Commencement of soft solid diet

For more dietary information, please talk to your dietitian who will provide you with a more comprehensive plan.

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