

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Medical Record Number: [Insert MRN]

Dear [Patient Name],

Congratulations on completing your bariatric procedure. As you transition to recovery at home, adhering to specific nutritional guidelines is critical for your safety and long-term success. Please follow the phases outlined below:

1. Immediate Post-Operative Diet Phases

- **Phase 1 (Days 1-7): Clear Liquids.** Water, broth, sugar-free gelatin, and decaffeinated tea.
- **Phase 2 (Weeks 2-3): Full Liquids/Pureed.** Protein shakes, strained cream soups, and Greek yogurt (no fruit chunks).
- **Phase 3 (Weeks 4-6): Soft Foods.** Scrambled eggs, canned tuna, cooked vegetables, and ground meats.
- **Phase 4 (Week 7+): Stabilization.** Gradual reintroduction of solid foods.

2. General Nutritional Rules

- **Protein First:** Aim for [Insert Amount, e.g., 60-80] grams of protein per day.
- **Hydration:** Drink at least 64 ounces of fluids daily. Sip slowly and do not use a straw.
- **The 30-Minute Rule:** Do not drink liquids 30 minutes before, during, or 30 minutes after meals.
- **Chewing:** Chew every bite to the consistency of applesauce (at least 20-30 times).
- **Avoid:** Carbonated beverages, sugary drinks, and high-fat fried foods.

3. Supplementation

You must take your bariatric vitamins daily to prevent deficiencies. Your regimen includes:

- Bariatric Multivitamin
- Calcium Citrate with Vitamin D
- Vitamin B12
- Iron (if recommended)

4. Warning Signs

Contact the clinic immediately if you experience persistent vomiting, inability to tolerate liquids, severe abdominal pain, or fever.

Follow-up Appointment: [Insert Date/Time]

Sincerely,

[Physician/Dietitian Name]

[Department Name]

[Contact Phone Number]