



Bariatric Post-Op Checklist

- ☐ Keep your patient binder in a safe place, you will be referring to this daily
- ☐ Always have fluids with you, sip on it throughout the day (minimum of 64 oz of fluid daily)
- ☐ Avoid gulping, avoid straws
- ☐ No sugary and carbonated beverages, or alcohol
- ☐ Start chewable or liquid vitamins after your first post-op visit
- ☐ Measure your food, stop when you feel full
- ☐ Try one new food at a time
- ☐ Refer to your patient binder for recommended week/phase of approved foods
- ☐ Keep all follow-up appointments. This will only positively impact your success.
- ☐ Avoid drinking while eating, wait 30-60 minutes after you finish eating before you drink anything
- ☐ Look into using a phone app or alarms on your phone to help remind you to complete all goals for the day
- ☐ Begin a purposeful exercise routine to prevent blood clots and improve progress (*See your patient binder for post op physical activity instructions*)



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