

May, 2010

## KEYS TO SUCCESS

When you have Gastric Bypass or Lap Band surgery, you are given a “tool”. What you do with this tool will determine your success. You will be as successful as you are motivated, compliant and have the ability to change your eating habits. The following are what we refer to as the “Keys To Success”. These are the things that must be on board for the rest of your life in order for you to have continued success.

- **Protein**: It is important to get 60-75 grams of protein every day. You may need to be on a protein supplement daily in order to achieve this. Diet choices must reflect “protein first”.
- **Fluids**: It is important to get at least 60 oz of fluids in every day. You will need to “sip” as you will no longer be able to take big drinks. You must, therefore, take your water bottle with you every place you go. It is easy to become dehydrated after bariatric surgery and dehydration can have serious consequences.
- **Exercise**: Exercise partners up beautifully with WLS to give you the best possible result. We know that many patients are limited in this regard and we ask only that you start “someplace”. Some people will join a gym and others will do exercises in their wheel chairs. Most people will start to walk. We recommend you work up to a minimum of 30 minutes five days a week.
- **Vitamins**: What vitamins you take will depend on what surgery you have. GBP patients need to be on two multi-vitamins/day, vitamin B-12, calcium citrate and vitamin D3. Lap band patients should be on one multi-vitamin, calcium citrate, and vitamin D3.
- **No Grazing/Sweets**: You will have 3 meals and 3 snacks and you will be drinking in-between these times. You will be eating or drinking all day long. This is **NOT** grazing. Grazing is mindless, unscheduled eating. You will be eating and drinking in a very mindful and scheduled way. Commit yourself to less than 15 gm sugar per serving. Bake with Splenda and use sugar substitutes. There are bariatric recipes available on-line. Make the commitment!
- **Follow-Up**: Follow up is very important. We do not know how you are doing if we don’t see you. Everyone needs to be seen at 2 weeks and 6 weeks. GBP patients will be seen every 3 months and then annually. Lap Band patients need to be seen monthly for the first year, every three months the second year and as needed the third year and then annually.
- **Positive Attitude**: There is a learning curve following surgery. The first six to eight weeks can be difficult. Every day should get better as you navigate through those first few weeks adjusting to a new way of eating and drinking.

