



Fundamentals for Pre and Post Weight Loss Surgery

- Eat three meals daily-no between meal eating.
- Drink 10-calorie-or-less fluids only.
- Practice dry meals. No drinking 30 minutes before, during, and after the meal (30-30-30).
- Eat slowly and chew thoroughly. Take 20-30 minutes per meal.
- Eat protein foods first at every meal.
- Eat higher fiber foods second at every meal.
- Take the recommended vitamin and mineral supplements.
- Incorporate physical activity daily.
- Self-monitor progress.
- Smoking and nicotine free(including nicotine gum and patches) **at least 3 months prior to surgery** with continued lifetime abstinence from nicotine
- No NSAIDS.
 - Ibuprofen, Motrin, Advil, Aleve, Celebrex
- Support Group Attendance
 - 1st Thursday of each month
 - 5:15 – 6:15pm @ St. Cloud Hospital Riverside Conference Center
 - Directions to Support Group
 - Please enter the hospital through the **North Entrance**, go towards the **Lakes Elevator** and **follow the signs reading “Weight Loss Surgery Support Group”** to the meeting room.