

WAHT-TP-034

Dietary requirements of post-surgery patients

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Key Amendments

| Date | Amendment | Approved by |
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| 2 nd April 2024 | Document extended for 6 months whilst under review | Emma White |
| 24 th December 2024 | Document extended for 6 months whilst under review | Emma White |

Patients re-admitted up to 2 weeks post laparoscopic sleeve gastrectomy or roux-en-y gastric bypass surgery should follow a diet of thin fluids only unless the admitting team advise differently due to complications.

Patients re-admitted between 2-4 weeks after bariatric surgery will usually need to follow a puree diet (Pureed Diet level 4 from catering)

Patients re-admitted between 4-6 weeks post-surgery will usually require a fork mashable diet (Minced and Moist Diet level 5).

It is very likely patients will need additional gravy or sauce and they are only expected to manage 3-6 tablespoons of food per mealtime. Fruit compote or yogurt can be ordered but kept for a mid-afternoon or late evening snack. Other desserts are not suitable for patients as they contain too much fat or sugar.

Patients admitted 6-12 weeks post-surgery may benefit from soft and bite sized meal choices – level 6 or easy to chew options – level 7.

Patients admitted more than 3 months post-surgery may require modified food choices as certain foods such as meat, bread, rice, pasta and other textured foods may be difficult to manage. Requirements will vary from patient to patient but it would usually be necessary to order a replacement to sandwiches for the evening meal.

Patients admitted with dysphagia due to an over tight gastric band may need to remain on a liquid diet or puree diet until the issue has been resolved. Please refer to bariatric surgery team who can assess and advise you.

Following a gastric band removal patients are usually advised to remain on fluids only for several days until inflammation settles down, and they can progress to soft sloppy diet as tolerated.