



**Policy: Nutrition Services, Post-Surgical Diets –
Phase II
Three Weeks to Three Months**

Bariatric-13

Purpose: To establish guidelines for incorporating more food items and choices in the diet

Policy: The diet will be individualized based on tolerance and consultation from the resident's bariatric physician and the Registered Dietitian's assessment. The guidelines below are developed post-surgical.

Procedure:

Three (3) Weeks to 3 Months – During this phase, begin adding more meats, making sure they are moist. Raw vegetables may be added four (4) to six (6) weeks following surgery. Encourage the resident to eat slowly and chew food very well.

Mechanical Soft Bland Diet

When the resident transitions to this diet, they will be placed on the facility mechanical soft diet with no fried foods, with a no-concentrated sweet modification. The serving sizes will be ½ of those offered on the regular diet plan.

Hydration

The resident should be encouraged to drink 32–64 ounces of water daily and should not allow hours to go by without taking a drink.

The residents should limit fluids ½ hour before and after meals and should not consume fluids with meals.

Vitamin Mineral Supplements

Vitamin and mineral supplementation will be ordered based on the referring bariatric physician's orders and the resident's ability to tolerate the supplement.

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