

# Living and Eating Well After Weight Loss Surgery

Weight loss surgery can be a life-changing event, but it's important to remember that it's just the beginning. After surgery, you'll need to make some lifestyle changes to maintain your weight loss and improve your overall health. Here are some tips for living and eating well after weight loss surgery.



## Before & After, Revised Edition: Living and Eating Well After Weight-Loss Surgery by Susan Maria Leach

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Enhanced typesetting : Enabled  
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## 1. Follow your doctor's instructions

After surgery, your doctor will give you specific instructions on what to eat and drink, how much to exercise, and how to take care of your incision. It's important to follow these instructions carefully to avoid complications.

## 2. Eat a healthy diet

After weight loss surgery, you'll need to eat a healthy diet that is low in calories and fat. Focus on eating lean protein, fruits, vegetables, and whole grains. Avoid sugary drinks, processed foods, and unhealthy fats.

### **3. Exercise regularly**

Exercise is an important part of maintaining weight loss after surgery. Aim for at least 30 minutes of moderate-intensity exercise most days of the week. Exercise can help you burn calories, build muscle, and improve your overall health.

### **4. Get support**

Weight loss surgery is a major life change, and it's important to have support from family and friends. Join a support group or talk to a therapist to help you stay motivated and on track.

### **5. Be patient**

Losing weight after surgery takes time and effort. Don't get discouraged if you don't see results immediately. Just keep following your doctor's instructions and making healthy choices.

### **6. Manage your expectations**

Weight loss surgery is not a magic bullet. It's important to have realistic expectations about what surgery can and cannot do. Surgery can help you lose weight and improve your health, but it's not a substitute for a healthy lifestyle.

### **7. Live your life**

After surgery, you should be able to return to your normal activities. Don't let weight loss surgery hold you back from living your life. Enjoy your new, healthier body and all the benefits that come with it.

## Additional tips

In addition to the tips above, here are some additional tips for living and eating well after weight loss surgery:

\* Drink plenty of fluids. \* Eat slowly and chew your food thoroughly. \* Avoid eating large meals. \* Don't snack between meals. \* Avoid sugary drinks and processed foods. \* Get regular medical checkups. \* Follow your doctor's instructions for taking vitamins and supplements.

Weight loss surgery can be a life-changing event, but it's important to remember that it's just the beginning. By following these tips, you can live a healthy and fulfilling life after surgery.



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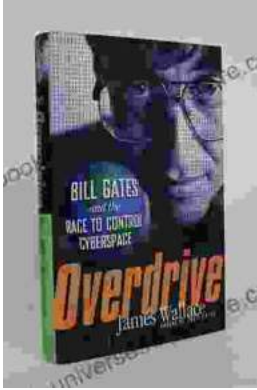
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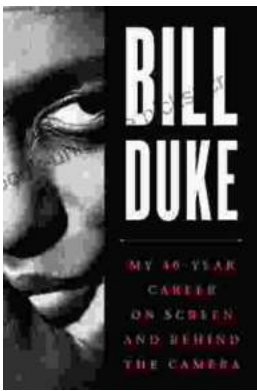
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