

Getting the Most out of Bariatric Surgery

The success of your bariatric surgery is up to you.

You'll need to make life-long lifestyle changes to get the most out of your surgery.

You'll lose weight steadily for the first six to 12 months after surgery. You'll lose the most weight during the first six months.

After that, you may gain a small amount of weight back. Don't worry, this is normal.

Set realistic goals for your weight loss. You may not reach your ideal weight, but if you stick to your eating and exercise plan and other lifestyle changes, you'll reach a healthier weight.

These lifestyle changes include Eating at least 60 grams of protein every day.

Drinking 64 ounces of water or more each day. Taking multivitamin and mineral supplements that your doctor recommends.

Being active every day.

Avoiding alcohol and fizzy (carbonated) drinks. Not smoking. If you feel the urge to start, ask your doctor for help.

Change can be hard. Take joy in every success.

Celebrate non-scale victories as well! So, what are non-scale victories?

They are ways you can measure the success of your healthier lifestyle that don't focus on your weight as a number on the scale.

Some non-scale victories include: Your clothes fit better or you can wear a smaller size. You have more energy.

You can walk longer distances. You don't need a seatbelt extender on a flight. You can cross your legs.

Non-scale victories work best when you focus on things that have meaning to you like dancing to your favorite song, gardening or playing with your children or grandchildren.

It may take a while to get used to your new lifestyle changes. Take it one day at a time.

Keep your follow-up appointments with your care team. Don't hesitate to ask questions about your recovery.

Lean on friends and family for support and encouragement.

Connect with other people who've had bariatric surgery. Join a support group in your area or online.

And talk to a mental health provider about changes in your self-image and any challenges you may be having.

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If you start feeling depressed or anxious, don't wait to get help.

It takes time and patience to get used to your weight loss but if you stick to your lifestyle changes you will see the benefits now and in the future.