

Tips for Life After Bariatric Surgery

- 1 Commit to lifelong lifestyle changes. Ultimately, your teen is solely responsible for making behavior changes that will allow them to be successful at losing weight.
- 2 Take vitamins and mineral supplements every single day.
- 3 Eat three to six small meals each day, focusing on protein first.
- 4 Drink plenty of water to stay healthy and hydrated. Carry a water bottle everywhere.
- 5 Drink at least 64 ounces (8 cups) of water and sugar-free beverages daily.
- 6 Plan meals and snacks ahead of time.
- 7 Avoid eating in front of the television or any screen.
- 8 Exercise for 60 minutes each day. Choose activities your teen loves to do so it doesn't feel like "work."
- 9 Keep a food journal.
- 10 Identify support people to help keep on track.
- 11 Find healthy ways to reward your teen for a job well done.
- 12 Make sure to come to all postoperative visits with the bariatric surgery team to monitor your teen's health and progress.

