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.”


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.