



SandyMartínez, MD
BARIATRIC SURGEON



Quick Reference Guide: Pre-Op Blueprint (BMI 33-39)

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You have exactly 7 days to shrink your liver for a safe surgery. This is a fast, strict metabolic sprint. Preparation is everything: stock up on your proteins and clear liquids today.

1. The 7-Day Diet (Days 7 to 3 Before Surgery)

For the first 5 days of this week, completely eliminate carbs and sugars.

- **Daily Goal:** 2 to 3 lean solid meals + 1 to 2 protein shakes.
- **ALLOWED:** * Lean meats (Chicken, turkey, fish, shrimp, eggs).
 - Non-starchy veggies (Spinach, broccoli, cauliflower, green beans).
 - US Protein Shakes (Fairlife, Premier Protein, Isopure).
- **PROHIBITED:** Bread, rice, pasta, potatoes, tortillas, sugar, dairy milk, and alcohol.

2. Daily Habits (Start Practicing TODAY)

- **The 30/30 Rule:** Stop drinking fluids 30 minutes *before* a meal, and wait 30 minutes *after* eating to drink again. **Never wash your food down.**
- **The Bariatric Chew:** Chew every bite 20 to 30 times until it reaches an applesauce consistency.
- **Pace Yourself:** Take 20 to 30 minutes to finish a meal. Put your fork down between every bite.

3. The Medical Countdown

- **2 Months Prior:** **STOP all nicotine** (smoking, vaping, patches). Nicotine drastically increases complication risks.
- **14 Days Prior:** **STOP all vitamins**, herbal supplements, and oral birth control/hormones. **NO alcohol, NO THC, and NO caffeine** (switch to decaf now).
- **7 Days Prior (Diet Starts!):** **STOP blood thinners and NSAIDs** (Advil, Motrin, Aleve, Ibuprofen, Aspirin) to prevent bleeding risks.

4. The Final 48 Hours: CLEAR LIQUIDS ONLY

Two days before your surgery time, you must stop ALL solid foods and thick protein shakes. If you can hold the liquid up to the light and see through it, it is allowed.

APPROVED (Drink generously):

- Water & Sugar-Free Electrolytes (Gatorade Zero, Propel)
- Clear Broths (Swanson Chicken/Beef—strained, no chunks)
- Sugar-Free Jell-O & Sugar-Free Popsicles
- Black Decaf Coffee or Herbal Tea (NO milk or cream)

STRICTLY PROHIBITED:

- Protein shakes (Too thick)
- Milk, dairy, or juices with pulp
- Sodas or anything with carbonation

5. The 8-Hour Rule (Final Countdown)

ABSOLUTELY NOTHING BY MOUTH. For 8 hours before your surgery, you cannot have food, water, ice chips, mints, or gum. *(Medical Warning: If you consume even a sip of water during this window, your surgery will be canceled for your safety).*

Remember to Pack: Bring all your prescribed, medically necessary medications in their original, labeled bottles to the hospital. You are ready for this transformation!