



SandyMartínez, MD
BARIATRIC SURGEON



Quick Reference Guide: Pre-Op Blueprint (BMI 40-45)

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You have exactly 14 days to shrink your liver. This two-week protocol is critical for your safety. Stay disciplined, trust the process, and focus on your ultimate goal.

1. The 14-Day Diet (Days 14 to 3 Before Surgery)

Completely eliminate carbs and sugars to force your body to burn liver fat.

- **Daily Goal:** 2 to 3 lean solid meals + 1 to 2 protein shakes.
- **ALLOWED:** * Lean meats (Chicken, turkey, fish, shrimp, eggs, 90/10 beef).
 - Non-starchy veggies (Spinach, broccoli, cauliflower, asparagus).
 - US Protein Shakes (Fairlife, Premier Protein, Isopure).
- **PROHIBITED:** Bread, rice, pasta, potatoes, sugar, dairy milk, and alcohol.

2. The Social Survival Guide (Eating Out)

- **Mexican Food:** Order fajitas. Eat **ONLY** the meat and veggies with guacamole. **NO** rice, beans, or tortillas.
- **Steakhouse/Diners:** Grilled chicken or sirloin with steamed broccoli (cooked in olive oil, not butter).
- **Chipotle/Fast-Casual:** Salad bowl with double chicken and fajita veggies. **NO** rice, beans, corn, or chips.

3. 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.

4. The Medical Countdown

- **2 Months Prior:** **STOP all nicotine** (smoking, vaping, patches).

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

5. The Final 48 Hours: CLEAR LIQUIDS ONLY

Two days before your surgery time, you must stop ALL solid foods and thick protein shakes.

APPROVED (Drink generously):

- Water & Sugar-Free Electrolytes (Crystal Light, Gatorade Zero)
- Clear Broths (strained, no chunks)
- Sugar-Free Jell-O & Sugar-Free Popsicles
- Apple Juice (Diluted 60% water / 40% juice)

STRICTLY PROHIBITED:

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

6. 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 medications in their original, labeled bottles to the hospital. You are ready for this!