



**SandyMartínez, MD**  
BARIATRIC SURGEON



# Quick Reference Guide: Pre-Op Blueprint (BMI 46-50)

## Dr. Sandy Martínez | Cornerstone Bariatrics

*You are embarking on a 21-day metabolic marathon. This three-week protocol is strictly required to shrink your liver and ensure a safe surgery. Stay disciplined, trust the process, and remember your 'Why.'*

### 1. The 21-Day Diet (Days 21 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, green beans).
  - US Protein Shakes (Fairlife, Premier Protein, Isopure - Min 20g protein / Max 5g sugar).
- **STRICTLY PROHIBITED:** Sugar, bread, rice, pasta, potatoes, tortillas, cereals, dairy milk, and alcohol.

### 2. Surviving the "Week 2 Slump"

- **Change Your Environment:** Remove all junk food from your pantry. If it's not in the house, you can't eat it.
- **The Quick Meal Hack:** Buy a plain rotisserie chicken (no sweet glazes), shred the breast meat, and use it for quick salads to save hours of cooking.
- **Non-Scale Victories (NSVs):** Do not step on the scale every day. Focus on how your clothes fit and how your energy improves as you detox from sugar.

### 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 single bite 20 to 30 times until it reaches an applesauce consistency before swallowing.

#### 4. The Medical Countdown

- **2 Months Prior:** **STOP all nicotine** (smoking, vaping, patches). Nicotine prevents healing and causes ulcers.
- **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 severe 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. If you can hold the liquid up to the light and see through it, it is allowed.*

##### **APPROVED (Drink generously):**

- Water & Sugar-Free Electrolytes (Crystal Light, Gatorade Zero, Propel).
- Clear Broths (Chicken or beef—strained, no chunks).
- Sugar-Free Jell-O & Sugar-Free Popsicles (no fruit chunks).
- Decaf Black Coffee or Herbal Tea (NO milk, cream, or sugar).

#### 6. The 8-Hour Rule (The Final Fast)

**ABSOLUTELY NOTHING BY MOUTH.** For 8 hours before your surgery, you cannot consume anything: no water, no ice chips, no mints, no gum. *(Medical Warning: If you consume even a single sip of water during this window, your surgery will be canceled immediately for your safety).*

**Do Not Forget to Pack:** Bring all your prescribed, medically necessary medications in their original, labeled bottles to the hospital. You are ready for this transformation!