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BARIATRIC SURGEON



Your Pre-Operative Blueprint: BMI 51-59

The 6-Week Metabolic Masterclass

Welcome to the most important preparatory phase of your bariatric transformation. Because your BMI is between 51 and 59, your body requires a comprehensive, **6-week metabolic reset** to ensure the absolute highest safety standards for your procedure. This is a marathon, not a sprint. Your dedication during these 42 days will directly dictate the success, safety, and speed of your surgical recovery.

The Medical Physiology: Why Exactly 6 Weeks? In higher BMI ranges, the body stores a significant amount of visceral fat (fat surrounding your organs). Specifically, your liver—which sits directly on top of your stomach—becomes enlarged and heavy, a condition known as Fatty Liver.

During laparoscopic bariatric surgery, Dr. Sandy must physically lift and hold your liver out of the way to access your stomach safely. A heavy, enlarged liver makes this incredibly difficult and increases the risk of bleeding or liver bruising.

By strictly adhering to this low-carbohydrate, high-protein diet for 6 full weeks, you force your body to shift into a fat-burning state. You will burn through your glycogen (sugar) reserves and begin consuming the fat trapped inside your liver. This effectively "shrinks" your liver, making it lighter, flexible, and easy to maneuver. A shrunken liver guarantees Dr. Sandy a clear visual field, resulting in a faster surgery, minimal tissue trauma, and a dramatically smoother recovery for you.

Dr. Sandy's Pro-Tip: *"Six weeks is a marathon. You must take it one single day at a time. If you slip up and make a mistake on a Tuesday afternoon, do NOT abandon the rest of the week! Give yourself grace, drink a large glass of water, and get right back on track for your very next meal. In a 6-week journey, consistency always beats perfection."*

The Mental Marathon: Rewiring Your Brain

You are about to embark on a journey that will completely reset your metabolism and your mindset before you even step foot in the operating room. Because this is a 42-day phase, you *will* face moments of "Diet Fatigue." Here is how you protect your progress:

1. Identifying "Head Hunger" vs. Physical Hunger You are breaking a lifelong habit of using food for comfort. During these 6 weeks, you must learn to pause before you eat and ask yourself: *Am I physically hungry, or am I stressed, bored, or anxious?* Physical hunger builds slowly; emotional hunger hits suddenly and demands specific foods (like sweets or carbs). When emotional hunger strikes, use the "15-Minute Rule": drink a glass of water and wait 15 minutes. In most cases, the craving will pass.

2. The "One Meal at a Time" Strategy Looking at a 42-day calendar can feel overwhelming. Stop counting the days. When you wake up, your only goal is to execute your *next meal* perfectly. By breaking the timeline down into single meals, the psychological burden disappears.

3. Build Your Non-Food Reward System Create a list of non-food rewards for getting through tough weeks. Treat yourself to a premium hot bath, a new audiobook, a massage, or a fresh pair of walking shoes. Focus heavily on Non-Scale Victories (NSVs)—notice how your clothes start fitting looser, how you sleep better, and how your joints stop aching as the sugar-induced inflammation leaves your body.

The 6-Week Liver Shrinking Protocol

Weeks 6 down to your final 3 days

During this phase, your daily intake will consist of **2 to 3 solid lean meals** AND **1 to 2 protein shakes** per day.

THE GREEN LIGHT (Allowed Foods):

- **Lean Proteins (4-7 oz per meal):** Chicken breast, turkey breast, white fish, salmon, shrimp, 90/10 lean ground beef, eggs, or tofu. (*Bariatric Rule: Always eat your protein first to protect your muscle mass*).
- **Unlimited Non-Starchy Veggies:** Spinach, broccoli, cauliflower, zucchini, celery, asparagus, green beans, and bell peppers. Fill half your plate with these!
- **Healthy Fats (1 serving daily):** Half an avocado, 1 tablespoon of olive oil, or a small handful of plain nuts.
- **US Protein Shakes:** Ready-to-drink options like *Fairlife Nutrition Plan*, *Premier Protein*, or *Isopure*. (*Rule: Must have $\geq 20g$ protein and $\leq 5g$ sugar*).

STRICTLY PROHIBITED (The Red Light):

- Sugar, bread, rice, pasta, tortillas, potatoes, corn, and peas.

- Dairy milk and full-fat cheeses.
- Alcohol and all caffeinated beverages.

Hydration Mastery & Bariatric Habits

Hydration is just as important as your food. Dehydration makes you feel falsely hungry and makes it difficult for nurses to find your veins for an IV on surgery day.

- **Your Goal:** Minimum of 64 oz (about 2 liters) of sugar-free, non-carbonated water daily.
- **Master the 30/30 Rule NOW:** Stop drinking all liquids 30 minutes before a meal, and wait 30 minutes after eating to drink again. Never wash your food down. This prevents "Dumping Syndrome" and keeps you full longer.
- **The "Bariatric Chew":** Chew every single bite 20 to 30 times until it reaches the consistency of applesauce. Digestion must now start entirely in your mouth.

6-Week Sustainability Hacks

To survive 6 weeks without getting bored, you need smart strategies:

- **Embrace the Air Fryer:** Make crispy "fried" chicken tenders using egg whites and crushed pork rinds (chicharrones) instead of breadcrumbs. Zero carbs, high crunch!
- **The "Pasta" Illusion:** Craving spaghetti? Buy pre-packaged "Zucchini Noodles" (Zoodles) or "Spaghetti Squash" from the produce section. Top them with ground turkey cooked in a low-sugar marinara sauce (like *Rao's Homemade*).
- **Combatting Sweet Cravings:** Freeze a *Premier Protein* shake in an ice cube tray, then blend it with a splash of unsweetened almond milk to create a bariatric-friendly "Frappuccino." Always keep Sugar-Free Jell-O in the fridge for emergencies.

Your 3-Day Sample Menu

Take the guesswork out of your week. Mix and match these days:

Day 1:

- **Breakfast:** 2 scrambled eggs with spinach and a slice of avocado.
- **Lunch:** 1 *Fairlife Nutrition Plan* Protein Shake (Chocolate).
- **Dinner:** 5 oz grilled salmon with a large side of air-fried asparagus (sprayed lightly with olive oil).
- **Snack (If physically hungry):** Sugar-Free Jell-O.

Day 2:

- **Breakfast:** 1 *Premier Protein* Shake (Vanilla) blended with ice.

- **Lunch:** "Egg Roll in a Bowl" (Ground turkey sautéed with dry shredded cabbage, garlic, and low-sodium soy sauce).
- **Dinner:** 5 oz grilled chicken breast over a large green salad with cucumbers and 1 tbsp of vinaigrette dressing.

Day 3:

- **Breakfast:** 1 *Isopure Zero Carb* clear protein drink.
- **Lunch:** 5 oz of leftover grilled chicken, shredded over steamed cauliflower rice.
- **Dinner:** 5 oz 90/10 lean ground beef patty (no bun), topped with a slice of avocado, served with steamed green beans.

Pre-Op Mobility: Preparing Your Body

You do not need to go to a gym or lift heavy weights, but building cardiovascular endurance now will make your post-op recovery infinitely easier.

- **The Daily Goal:** Commit to a 20 to 30-minute walk every single day.
- **The Why:** Daily movement strengthens your heart and lungs, which helps your body process and clear anesthesia much faster after surgery. It also significantly reduces your risk of developing blood clots.

Your Pre-Surgical Medical Timeline

Your surgical safety depends entirely on following these exact milestones.

2 Months Prior – The Clean Start

- **STOP all nicotine products (Smoking, Vaping, Patches).** *Medical Reason:* Nicotine severely constricts blood vessels, drastically reducing oxygen flow to your tissues. This prevents healing and increases the risk of life-threatening stomach leaks. Ask your primary care provider for Chantix and Wellbutrin to stop cravings.

14 Days Prior – The Internal Cleanse

- **STOP all vitamins and herbal supplements.** (Many natural herbs unpredictably thin the blood).
- **DISCONTINUE oral birth control and FEMALE supplemental hormones.** (*Note: IUDs and arm implants are completely safe and do not need to be removed*).
- **NO alcohol, marijuana, or THC products.** These alter liver enzymes, significantly increasing bleeding risks and interfering dangerously with anesthesia.
- **DISCONTINUE all caffeine.** Switch to decaf coffee immediately to avoid massive caffeine withdrawal headaches while in the hospital.

7 Days Prior – Medication Safety

- **STOP specific medications:** Coumadin, ANY ANTICOAGULANTS, or BLOOD THINNERS (Xarelto, Plavix, Aspirin, Ibuprofen, Motrin, Advil, Nuprin, Aleve, or any other NSAID). *This includes baby Aspirin and most arthritis medications.*

2 Days Prior: The Clear Liquid Phase

Exactly **48 hours before your scheduled surgery**, you must **STOP ALL SOLID FOODS** and thick protein shakes. You will transition immediately to a strict clear liquid diet. This empties your digestive tract completely, preventing life-threatening infections during your procedure.

What is a "Clear Liquid"? *If you can hold the liquid up to the light and see through it, it is allowed.*

You may ONLY consume:

- Water and Sugar-Free Electrolytes (Crystal Light, Gatorade Zero, Propel).
- Clear chicken, beef, or vegetable broth (Strained thoroughly; no chunks).
- Apple juice or Cranberry juice (Must be diluted: 60% water / 40% juice).
- Sugar-free Jell-O and Sugar-free popsicles (No fruit chunks).
- Decaf black coffee or herbal tea (No milk, cream, or sugar).

8 Hours Prior: The Final Race (NPO)

- **ABSOLUTELY NOTHING BY MOUTH.**
- Do not consume even a single sip of water, ice chips, mints, or gum after midnight preceding your surgery.
- **NO MEDICATIONS** unless explicitly directed by Dr. Sandy or our anesthesiologist.

Medical Reason: If there is even a drop of fluid in your stomach when anesthesia is administered, it can travel into your lungs (Aspiration Pneumonia), which is a fatal emergency.

If you drink water or chew gum during this 8-hour window, your surgery will be canceled immediately for your own safety.

IMPORTANT CHECKLIST BEFORE YOU TRAVEL: Please bring ALL your prescribed medications (whether you are currently taking them or not) in their original, properly labeled pharmaceutical bottles for documentation during your Pre-Op testing at the hospital.

You have trained for 6 weeks for this moment. Your liver is ready, your mind is prepared, and Dr. Sandy is waiting to guide you through a flawless procedure.