



**SandyMartínez, MD**  
BARIATRIC SURGEON



# Quick Reference Guide: Pre-Op Blueprint (BMI 51-59)

## Dr. Sandy Martínez | Cornerstone Bariatrics

*You are embarking on a 6-week metabolic marathon. This 42-day protocol is strictly required to shrink your liver and ensure the absolute highest safety standards for your surgery. Take it one day—and one meal—at a time.*

### 1. The 6-Week Diet (Days 42 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 6-Week Marathon

- **One Meal at a Time:** Do not look at the 6-week calendar. Your only goal today is to make the right choice for your *next meal*. Consistency beats perfection.
- **Change Your Environment:** Remove all junk food from your pantry. If it's not in the house, you can't eat it.
- **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.

#### 4. The Medical Countdown

- **2 Months Prior:** **STOP all nicotine** (smoking, vaping, patches). Nicotine prevents healing and causes life-threatening leaks.
- **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:** **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've got this!