



SandyMartínez, MD
BARIATRIC SURGEON



Quick Reference Guide: Pre-Op Blueprint (BMI 60+)

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You are embarking on an 8-week empowerment journey. This protocol is strictly required to shrink your liver, reduce surgical risks, and prove to yourself that you are ready for a new life. Take it one day at a time.

1. The 8-Week Diet (Days 56 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 "Golden Month" Cravings

- **The 15-Minute Pivot:** When a craving hits, set a timer for 15 minutes, drink 8 oz of water, and leave the kitchen. Cravings are usually emotional, not true physical hunger.
- **High-Volume Hacks:** If you are physically hungry, eat a massive bowl of *Weight Loss Magic Soup* (broth, celery, spinach, green beans) or a huge green salad with grilled chicken.
- **Find Your "Why":** Read your list of post-op goals every morning to stay anchored.

3. Daily Habits (Start Practicing TODAY)

- **Gentle Mobility:** Walk or do chair/water exercises for 10-15 minutes daily to strengthen your heart.
- **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 (Diet Starts!):** **STOP all nicotine** (smoking, vaping, patches). Nicotine prevents healing and causes severe complications.
- **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.

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!