



**SandyMartínez, MD**  
BARIATRIC SURGEON



[PAGE 1: The Foundation & The Ultimate Commitment]

## Your Pre-Operative Blueprint: BMI 60+

### The 8-Week Empowerment Protocol

Welcome to the ultimate preparatory phase of your bariatric transformation. Because your BMI is 60 or above, you are embarking on an **8-week metabolic reset**. We want to be incredibly honest with you: two months is a significant commitment. However, these 8 weeks are about far more than just preparing for surgery; they are about reclaiming your life, proving your inner strength, and ensuring the absolute highest safety standards for your procedure.

**The Medical Physiology: Why 8 Weeks?** The liver is your body's largest internal organ, and it sits directly on top of your stomach. In higher BMI ranges, the liver stores a substantial amount of excess fat and water, making it heavy, enlarged, and fragile. During laparoscopic surgery, Dr. Sandy must physically lift your liver to access your stomach safely.

By strictly adhering to a low-carbohydrate, high-protein diet for 8 full weeks, you force your body to transition into an aggressive fat-burning state. As your liver depletes its fat stores, it drastically "shrinks" in size and weight. A shrunken, flexible liver gives Dr. Sandy a clear, unobstructed view of your anatomy. This is non-negotiable for your safety: it guarantees a faster surgery, minimizes tissue trauma, and dramatically accelerates your post-operative recovery.

**Dr. Sandy's Pro-Tip: Surviving the "Golden Month"** *"Around week 4, your brain will try to convince you that 'just one cheat meal' won't hurt. When that happens, use the **15-Minute Pivot**: Set a timer for 15 minutes, drink 8 oz of cold water, and leave the kitchen to do one non-food task (fold laundry, call a friend, or walk to the mailbox). Usually, the craving is just an emotional habit, not true physical hunger. Remember: You aren't just shrinking your liver; you are proving to yourself that YOU are in control, not the food. The version of you that will be walking effortlessly 6 months from now is cheering for you today. Don't let that version of you down!"*

[PAGE 2: Psychology, Mobility & Reclaiming Your Life]

# The Empowerment Phase

You are taking a brave, life-saving step. This 56-day journey will challenge you, but it will also show you exactly how resilient you are.

**1. Finding and Anchoring Your "Why"** Motivation will naturally fade during an 8-week diet; discipline must take over. Write down the exact things you want to achieve after losing the weight. Is it playing on the floor with your grandchildren? Traveling comfortably in an airplane seat without an extender? Finally being able to cross your legs? Write this list down and tape it to your bathroom mirror. Read it out loud every single morning.

**2. Focus on Gentle Mobility** We completely understand that intense exercise might be painful, exhausting, or difficult right now. *That is entirely okay.* Your goal is not to run a marathon; your goal is to introduce gentle, consistent movement.

- Try seated chair exercises while watching TV.
- Walk in a swimming pool (water aerobics removes the pressure from your joints).
- Simply walk for 10 to 15 minutes a day around your house or neighborhood.
- *The Medical Benefit:* Every single step strengthens your heart and lungs, preparing them to process anesthesia smoothly on surgery day.

### 3. Master the Bariatric Basics Now

- **The 30/30 Rule:** Stop drinking all liquids 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 until it reaches an applesauce consistency. Digestion must now begin in your mouth to protect your new stomach.

[PAGE 3: The Nutritional Protocol]

# The Maximum Safety Liver Protocol

### Weeks 8 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. Consistency is your shield and your strategy.

#### THE GREEN LIGHT (Eat Abundantly & Safely):

- **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.*)
- **Unlimited Non-Starchy Veggies:** Spinach, broccoli, cauliflower, zucchini, celery, asparagus, green beans, and bell peppers.
- **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):**

- All sugars, sweets, and honey.
- Bread, rice, pasta, tortillas, oats, and cereals.
- Starchy veggies: Potatoes, corn, and peas.
- Dairy milk and full-fat cheeses (these stall liver detox).
- Alcohol and all caffeinated beverages.

[PAGE 4: Conquering Hunger & High-Volume Hacks]

# High-Volume Hacks to Fight Hunger

Because you are drastically reducing your calories for an 8-week period, you might feel significant hunger initially as your stomach adjusts. Use these "volume eating" hacks to trick your brain into feeling full without breaking the medical rules:

- **The "Magic Soup" Strategy:** Make a massive pot of our *Weight Loss Magic Soup* (Low-sodium broth loaded with celery, green beans, spinach, zucchini, and onions). Because it is mostly liquid and high-fiber vegetables, you can eat as many bowls as you want! It physically stretches your stomach receptors, sending a "fullness" signal to your brain without adding carbohydrates.
- **Hydration as a Tool:** Often, the human body confuses thirst for hunger. If you feel a sudden craving, drink 16 oz of Crystal Light or infused water first, wait 15 minutes, and see if the hunger passes.
- **Bulk Up With Greens:** Instead of a small side of spinach, eat a massive, mixing-bowl-sized salad topped with your 5 oz of grilled chicken. Use a low-sugar vinaigrette or a squeeze of fresh lemon and olive oil. The high water and fiber content in the greens will keep you satiated for hours.

[PAGE 5: The Medical Safety Timeline]

# Your Pre-Surgical Medical Timeline

To ensure Dr. Sandy can operate with the highest level of safety, you must strictly follow this timeline.

## **2 Months Prior – The Diet & Clean Start (Starts Today!)**

- **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 dramatically 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.** Caffeine is a diuretic that causes dehydration. 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.*

[PAGE 6: The Final 48 Hours & Surgery Day]

## 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 two months for this very moment. You are strong, you are prepared, and you are ready for your new life.*