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IS THIS ABDOMINAL BINDER RIGHT FOR ME?

Specifically designed to provide compression and abdominal muscle support, promoting blood and oxygen flow to speed up your healing process.

DESIGNED TO TREAT & PROTECT

- Post-surgical incisions
- Obesity-related discomfort
- Back pain
- Bladder problems
- Hernias
- Abdominal muscle strain or weakness

Medical-grade Velcro is 10X stronger than standard, retail-grade Velcro

Entire brace is Velcro compatible for a customizable fit

Made of breathable, 4-panel elastic for all-day comfort

WHY YOU SHOULD BUY IT



Holds in excess belly fat, providing a slimming effect to your tummy.

Special stitching between panels allows the binder to conform to your body while sitting or bending over.

Binder can be applied while standing up or lying down.

For optimal support have someone help you apply this binder.

Plush backing allows binder to be worn comfortably over or under clothing.

Can be worn by men or women, fitting a wide range of body shapes and sizes.

Time	Food	Vitamin
8:00 AM	2 scrambled eggs, 1 slice whole grain toast	Substain
9:00 AM	8 oz water	Substain B12
10:00 AM	1 slice whole grain toast, 1 slice turkey	
11:00 AM	8 oz skim milk	Calcium, B12 & Vitamin D
12:00 PM	8 oz water	
1:00 PM	1 slice whole grain toast, 1 slice turkey, 1 slice cheddar cheese	Substain
2:00 PM	8 oz decaffeinated coffee	
3:00 PM	8 oz decaffeinated coffee	
4:00 PM	8 oz decaffeinated coffee, 1 slice whole grain toast, 1 slice turkey	Calcium, B12
5:00 PM	8 oz water	
6:00 PM	2 oz fish, 1 slice whole grain toast, 1 slice turkey	
7:00 PM	8 oz water	Calcium, B12 & Vitamin D
8:00 PM	8 oz water (optional)	

THE 3 STAGES OF GASTRIC SLEEVE DIET (90-90-90)

First Stage - 2 weeks (solid support)
 Focus on protein and healthy fats. Avoid carbohydrates, sugars, and alcohol. Eat small, frequent meals. Drink plenty of water.

Second Stage - 4-6 weeks (soft support)
 Introduce soft, moist foods. Avoid hard, fibrous, and acidic foods. Continue to eat small, frequent meals. Drink plenty of water.

Third Stage - 12 weeks (solid support)
 Introduce solid, lean proteins. Avoid fatty, fried, and processed foods. Continue to eat small, frequent meals. Drink plenty of water.

Go to www.gastricsleevediet.com for more information.

Gastric Sleeve Diet Plan

www.gastricsleevediet.com

GASTRIC SLEEVE Diet!

POST-SURGERY

WEEK 1-2 A NUTRITIOUS LIQUID DIET



- ✓ Drink water
- ✓ Clear broth
- ✓ Soup (chicken, beef, fish)
- ✓ Milk
- ✓ Fruit juice

WEEK 3-4 SOFT, MASHED AND PUREED FOODS



- ✓ Pureed fish
- ✓ Pureed chicken
- ✓ Pureed peas
- ✓ Mashed potatoes
- ✓ Creamy yogurt

WEEK 5 ADD TENDER, COOKED FOODS



- ✓ Lean meats
- ✓ Fish
- ✓ Easy-to-chew fruits and vegetables
- ✓ Healthy carbohydrates
- ✓ Essential fatty acids

gastricsleeveDiet.com

Diet plan after sleeve gastrectomy. Diet post stomach surgery. Diet after a gastric sleeve. Diet plan after stomach surgery. Diet after a gastric bypass.

Refined sugars, like those in candy and soft drinks, should be eliminated. The pre-op diet helps reduce fatty deposits around the liver, which improves surgical access to the stomach. Make sure to eat slowly and chew food thoroughly at least 25 times, if possible. Your diet is critical to the surgery's success for three reasons: It makes the procedure safer and easier. The pre-op diet is your food-consumption plan for the period leading up to your gastric sleeve procedure. Preparing for your life after gastric sleeve surgery will be exciting, but challenging, too. Two days prior to surgery, you will switch to a clear, liquid diet. The diet you're required to follow both before and after surgery is very specific and geared toward aiding recovery and avoiding complications. You are allowed to reintroduce caffeine, but only in small quantities. The gastric sleeve is the functional part of the stomach after gastric sleeve surgery, also called a gastrectomy. For the first week after the procedure, you continue with the same clear liquid diet you followed in the days leading up to surgery. Eating three small meals a day, with minimal snacks, may help you stick to your plan. Your post-op diet is just as important as your pre-op diet. If you have trouble remaining hydrated, talk to your doctor about electrolyte drinks to try, such as low-calorie Gatorade. Don't drink anything with sugar. Foods to eat include: jarred baby food, silken tofu, cooked, pureed white fish, soft-scrambled or soft-boiled eggs, soup, cottage cheese, canned fruit in juice, mashed bananas or very ripe mango, hummus, pureed or mashed avocado, plain Greek yogurt. Continue to avoid chunked and solid foods, as well as caffeine, during this time. Certain medications must also be discontinued prior to surgery. Other foods to avoid include pasta, white potatoes, and other high-carb Vixers and other complications can occur. Also make sure to always remain hydrated. The schirgic recovery tips that can help you stay on the road include: use a liquefier or food processor to make food pure. Ask to recognize the difference between hunger (physical) and appetite (mental/emotional). It does not eat excessively: its stomach will extend over time and stabilize in size. Sour slowly and eat slowly. Avoid non-nutrient heat. Evaluate concentrated azacare, drinking water or low heat versions of Gatorade. His hug is right next to his stomach. All this should be avoided after the operation and possibly even in the long term. During the second week after the surgery, he will graduate with a complete diet. Not following these guidelines can jeopardize your eligibility for the gale manga procedure. The Azide is also full of empty heat. Reduce or avoid soft drinks and alcoholic beverages. Many programs recommend eating from 800 to 1,200 heat per day and continue with these guidelines up to two or three days before their gale manga surgery procedure. Consult your program coordinator or dietitian to obtain more details. The preoperative manga manga diet: 2-3 days before the surgery two or three days before the surgery will need to change to a totally liquid diet. Carbonated drinks and coffee. They should be avoided. During the third week, you can add soft and purified food to your diet. Reduce the risk of complications. Slowly eat, chew thoroughly and stop eating when he stops feeling hungry. The Gastric manga surgery in Baptist Health Baptist Health is a leader supplier of galetric manga surgery and other bari-tertical attention services in Kentucky and southern Indiana. It is important to increase protein intake. Avoid processed foods and sugary products. Its small size reduces appetite and helps in long-term weight control. The options include: without sugar nutrition shakes, such as Make sure that light instant breakfast drinks made with powdered protein shoots and soups with unbroken cream: soup soft noodles are well in very small amounts without milk sugar, no fat-free sugar, fat-free ice cream, ice cream and no sorbet, nonfat plain Greek yogurt, diluted with hot wheat. This results in severe nausea, fatigue, diarrhea and even vomiting. Here is a weekly diet plan detailing what to eat after gastric sleeve surgery: Gastric sleeve diet after surgery: 1 week after surgery During the first week after surgery, you will be restricted to clear fluids. Sugar can contribute to dumping syndrome, a complication caused by too much sugar that rapidly enters the small intestine. At this point, the postoperative diet is similar to your preoperative diet. Includes: NSAID arthritis medications, including aspirin and aspirin alternatives, such as Tylenol, Advil, Motrin and Aleve. Anticoagulant herbal supplements (blood arrests) medicines Be sure to ask your doctor for more details and if you have concerns about drug restrictions before surgery. What is the Post-Op Diet for the gastric sleeve? Tips to keep in mind include: Be sure to drink a lot of clear fluids. All other foods can be added again unless they trigger symptoms. Choose your food wisely, choosing nutrient options and avoid empty calories. The charred drinks, those with sugar, calorie-free and seltzer options can contribute to food and swelling. It must be avoided now and minimized in the long term. Caffeine can contribute to acid reflux and dehydration, and also avoid. I drink carbonated drinks, caffeine and anything with added sugar. Overview If you are planning to have gastric sleeve surgery, you are likely to be wanting your new body, and learning to eat in a completely new way. Other possibilities include hummus and homemade cheese. Gastric sleeve diet after surgery: 4th week after surgery Solid food finally returns in the fourth week after surgery. Exercise is also a vitally important element. Other sources of carbohydrates, such as breads and pastas, are not bad in themselves, but limiting their consumption can have a positive effect on their weight. Maximize protein intake. That is perfectly normal, but not a reason to eat solid foods. What is a gastric sleeve? Asphyxiated and carbonate beverages should be avoided. In addition to the water, light broth, decaffeinated beverages and unsugar versions of beverage mixes such as Kool-Aid and Crystal Light can be enjoyed. You will gain the confidence that comes with the configuration goals and reach them. Trans fats must be completely avoided. Don't dehydrate. Foods that should be avoided completely, or only eaten at times from this point forward, include sugary sweets and soft drinks. Gastric sleeve surgery is permanent - it cannot be reversed. To prepare for the procedure, you will be given a specific diet to follow, starting two weeks before the scheduled surgery date. Drink plenty of water in the weeks before your procedure. The caffeinated drinks can be reintroduced, in moderation, at this time. You fill up faster and therefore it is less likely than eating too much. The effectiveness of gastric sleeve surgery depends heavily on your pre-op and post-op diet. You should also glue to the bland food with mild or without it. 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It is a strict diet that reduces heat and as sweets, potatoes and pasta. Restrict Your Food Intake To Water, Broth, Gelatins, and Low-Calorie Sports Drinks (No Sodas). Over time, some of the articles excluded above but always as small portions can be given. Following your postoperative diet is essential if you want to perform the benefits of a bariatric procedure. Any food under fat, without AzacCar that can purge, including non-fibrous leagrans and vegetable protein sources, are acceptable. It represents about 15% of the original volume of the seam. Natalie Butler, R.D., L.D. à € Written by Corey Whelan à € Updated on July 2, 2019 we include products that we believe are à ostiles for our readers. His body needs time to heal, and this raver will help with that goal. Here is our process. It is a myth that all fats are bad for you. Gasric manga surgery and other types of bariatric surgery can increase and accelerate the effects of alcohol. Avoid non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, aspirin and naproxen. The manga is separated from the rest of the O'rgano, who does not play paper in the digestive process of the body. This is the time to put your new healthy skills in action, full strength. These types of free sale medications can reduce the natural and protective coating of the semago. It is important to follow the feeding plan that your music provides you both before and after the Gastric manga surgery. Other fats, such as those found in butter or oils, must be restricted. Filling sides and avoid the AzacCar and the fat will help you prepare for the next stage of your diet. These may include articles such as apple puree, wheat cream, Greek yogurt, protein and ice cream and puddings without sugar. Post-Op gastric sleeve diet: 3rd week after surgery arolpxe arolpxe y.ranimac noc azeipmE.etnemairaid anAetorp ed somarg s;Am o 06 remoc.odagAh us odneigocne jAte otuserp y lapicirp ocitAteid ovitgebo nU.sAupsed neneiv sodagrup y sodnalb sotnemila Exercises you enjoy, such as swimming, dance and yoga. Avoid alcohol. It is possible that his music will give him a calm objective to follow daily. Your approach must remain in lean proteins, complex carbohydrates and healthy fats. Spices can contribute to acidity. Now that you are a month after the surgery, you can start adding symptoms to your diet. If you are obese, your hug probably have an accumulation of fatty cups both inside and around it. You will eat mainly lean protein, low or non-caloric vegetables. If you buy through links in this page, we can win a small commission. Good sources of protece include chicken, beef, eggs and salmon. Concentrate on healthy fats. As time progresses, your diet will move towards the acquisition of healthy food hits, so you can continue to lose weight and, in last instance, maintain a healthy weight for life. Some articles remain out of the numbers: fried foods, sweets, nuts, seeds, whole lines, breads, pasta and fibrous vegetables such as bribli. Carbohydrates are an important heat taxpayer to the majority of American diets. What are my medications? Below are some guidelines to maximize the profits of a weight diet. Hostimal revision music on September 26, 2017, gmitage manga surgery is a very safe and clothically proven world to reduce body weight. What should I eat before the gale manga surgery? Some are, some are not. Diet of the Gasric manga after surgery: 2nd week after surgery the second week will see the addition of more thick hostesses to its post-op diet. The procedure implies decreasing the size of the stomach by separating the top of the stomach, called the background, of the of the organ. You will start with liquids and then gradually re-introduce solid foods. Healthy fats are found in foods such as fish, nuts and olives. Sugar and fat, including high-fat dairy products, should be avoided, as should foods that are difficult to digest, such as steak, fibrous fibrous fibrous

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