

# Nutrition Care after Bariatric Surgery



THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

Follow up nutrition appointments are a key part of your bariatric surgery care. Your dietitian will review your diet to be sure you have enough protein and calories to promote wound healing.

**If you are a patient of Drs. Needleman or Noria**, a dietitian at the Bariatric and General Surgery Clinic at Ohio State Martha Morehouse Outpatient Care Pavilion will see you at your appointment with your surgeon. You do not need to make separate appointments.

## The recommended follow up schedule after surgery is:

- 2 weeks
- 4 weeks (gastric sleeve patients)
- 8 weeks
- 6 months
- 1 year

**Obesity is a chronic condition.** Bariatric surgery is a part of your weight management. To make it a success, you will need to adopt a diet that is low in sugar and fat. Protein needs to be a part of all meals and all snacks. You will need to eat small meals about 6 times each day and exercise regularly to help your body maintain the weight loss. Many people find it valuable to join behavior change and exercise programs. Seek out a counselor if emotional eating is a problem for you. To further help you, these groups are available:

### Bariatric Surgery Support Group

Martha Morehouse Outpatient Care  
Pavilion, 1st floor, Classroom A  
2050 Kenny Road  
Columbus, OH 43221

1st and 4th Wednesdays of each month  
7:00 to 8:00 PM

For more information, please call 614-366-6675.

### LEARN or Living Well Programs

For behavior and nutrition guidance, please call these programs for current class information:

- **614-293-7024 or 614-293-2712 for the LEARN Program**, a 12-week program that meets one time each week. You may also register online at [www.regonline.com/osulearn2lose](http://www.regonline.com/osulearn2lose).
- **614-366-6675 for the Living Well Program**, a 22-week program that meets one time each week.

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail [health-info@osu.edu](mailto:health-info@osu.edu).