

Forever Rules Following Gastric Sleeve Surgery

Vitamins are Lifelong

- Multivitamin
- Calcium Citrate 1,500 mg to 2,000 mg total
- B12 sublingual 500 mcg
- Ferrous Sulfate 325mg (Iron supplement may be needed)

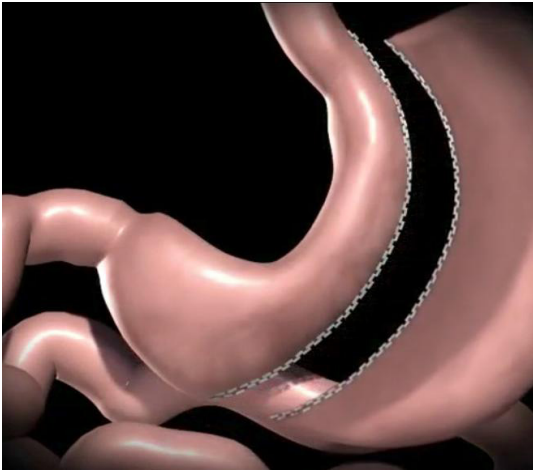
Avoid NSAIDS (Motrin, Ibuprofen, Aleve, Naproxen, and etc.)

Continue **regular follow up visits** and have labs drawn.

Make sure to get **60 gm of protein daily** or more.

Attend Support Groups.

No smoking.



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