



Diet

You may eat any kind of food you like, but a healthy well-balanced diet is recommended. Please ensure to maintain the appropriate nutrition for any underlying medical problems you may have (e.g. low-carbohydrate diet for diabetics, low protein diet for dialysis patients, low fat low cholesterol diet for cardiac patients). It is suggested that you start with soft and bland foods, and advance your diet slowly as you tolerate it. As long as you are eating a balanced diet, there are no specific foods that will speed up or slow your recovery. You will typically require no changes in your diet as a result of your operation. Your digestion will be as good as ever.

It is very common to have a decreased appetite (anorexia) and to eat smaller amounts (early satiety) for a period of time after your operation.