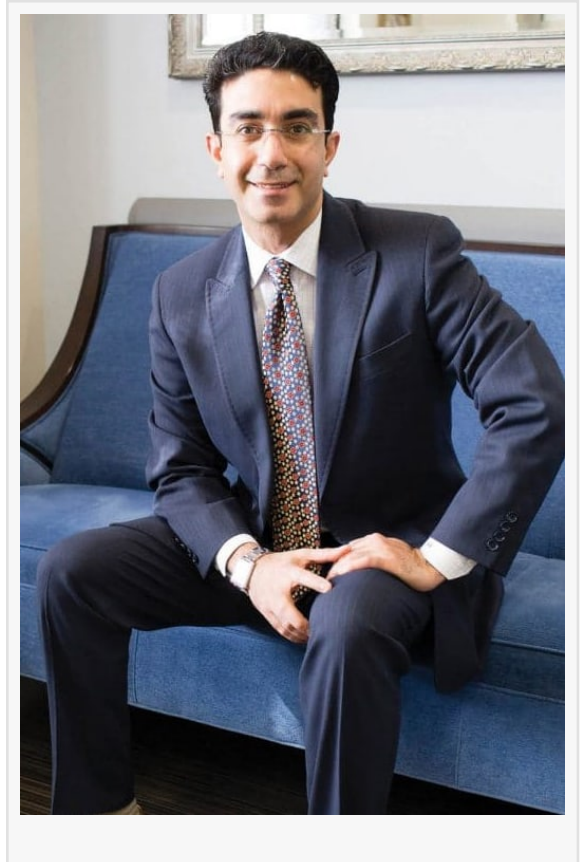


# Fort Worth Bariatric Surgeon Outlines Diet After Gastric Bypass Surgery

*Dr. Hossein Bagshahi, a renowned bariatric surgeon in Dallas, breaks down what to expect from a post-gastric bypass surgery diet at each stage of recovery.*

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[/EINPresswire.com/](#) -- For obese or morbidly obese individuals who struggle with weight-related health conditions, [gastric bypass](#) — also known as the Roux-en-Y procedure — is considered one of the most effective and life-changing weight loss surgeries available. Gastric bypass surgery creates a smaller stomach pouch to restrict the amount of food that can be consumed, thereby reducing hunger and helping patients feel fuller faster. In turn, the procedure can achieve some of the most significant long-term weight loss possible, as long as individuals adhere to an active lifestyle. While considered a very popular method of major weight loss, gastric bypass surgery permanently alters the digestive tract and knowing what to expect before, during, and after the procedure can be invaluable to achieving the best outcome. [Dallas bariatric surgeon](#) Hossein Bagshahi, MD sheds light on what gastric bypass patients can expect from the post-operative recovery period with regard to their diet at each stage of healing.



Firstly, Dr. Bagshahi notes the importance of eating and drinking slowly during the recovery period to avoid dumping syndrome — a potential complication of gastric bypass surgery. For the first day or two following the procedure, patients will stick to a liquid diet consisting of broth, popsicles, sugar-free juice, decaffeinated coffee, or herbal tea.

Once liquids are well-tolerated for approximately one week, blended and pureed foods like scrambled eggs, cooked vegetables, cottage cheese, fish, and lean ground meat will be incorporated into one's diet. After this stage, patients can graduate to soft foods including rice and canned fruit. At eight weeks post-operatively, men and women can start to enjoy firmer and more solid foods again under the guidance of their doctor.

Certain foods like red meat, fried foods, breads, and carbonated drinks may cause issues like nausea and vomiting. Dr. Bagshahi will speak with you in more detail about permissible meals, as well as the appropriate amounts of food to eat at each stage of recovery.

According to Dr. Bagshahi, committing to the dietary and lifestyle changes necessary to maintain long-term weight loss is critical to ensuring lasting results. In addition to performing traditional procedures like [gastric sleeve](#) and gastric bypass, Dr. Bagshahi completed highly competitive fellowships in both bariatric surgery and minimally invasive surgery. He is glad to provide weight loss patients in DFW and Texas at large with a broad scope of potential treatment options to help them identify the best pathway to achieving the health and confidence they deserve.

#### About Hossein Bagshahi, MD

Dr. Hossein Bagshahi is a board-certified and fellowship-trained weight loss surgeon based in the Dallas-Fort Worth area. On top of performing advanced bariatric procedures like duodenal switch, gastric bypass, and gastric sleeve, Dr. Bagshahi also specializes in minimally invasive surgical techniques. He is among few Texas bariatric surgeons who are fellowship-trained in laparoscopic, endoscopic, and robotic-assisted weight loss surgery. Dr. Bagshahi is a published author featured in several peer-reviewed journals, including the Journal of Clinical Research and the Journal of the American College of Surgeons. Dr. Bagshahi is available for interview upon request.

For more information about Bagshahi Bariatric and General Surgery, please visit [dfwweightlossurgery.com](http://dfwweightlossurgery.com) or [facebook.com/bagshahibariatric](https://facebook.com/bagshahibariatric).

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