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The Purpose of a Pre-Surgery Diet

-Reduce body fat around your stomach and liver, as well as shrink the liver itself. If the liver is too large surgery may have to be postponed or performed as an open procedure (instead of laparoscopically). Your stomach and liver are near each other and a large liver can interfere with surgery.

-Improve surgical outcomes and recovery. By reducing fatty triglycerides from around the liver and spleen patients typically experience decreased complication rates.

-Increase protein intake, which can help preserve and protect muscle tissue post-surgery

Starting 7 -10 days prior to your surgery please follow the dietary recommendations listed below:

- Begin protein supplements (protein powder, protein shake)
- Decrease all fats (fatty meats, fried foods, whole milk products, etc.)
- Decrease sugary foods (sweets and soda)
- Decrease high carbohydrate foods (bread, pasta, potatoes)
- **Stop smoking****
- Avoid alcohol
- Avoid binge eating

Example of the recommended diet: Have a protein shake (Examples include, but are not limited to: Ensure, Boost, Special K protein shakes & Slim-Fast, or powdered protein mix) for both breakfast and lunch. For your evening meal, have a low-calorie/pre-packaged frozen meal. Examples include, but are not limited to: Lean-cuisine, Smart-Ones, Healthy Choice, or Weight Watchers. You may also make your own evening meal with chicken, fish, or turkey. Additional food Choices throughout the day would be fresh fruit & vegetables. If you feel you are not getting enough intake during the day, you may make one of your meals a salad with protein (chicken, turkey etc...)

If you have any questions, please contact our office.