



ABSTRACT

## Perioperative nutrition in bariatric surgery

Luciana B Sutanto

*Krida Wacana Christian University, Jakarta, Indonesia*

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Many patients think very simply about bariatric surgery, namely that after surgery the body soon becomes slim. In reality, carrying out bariatric surgery still follows the medical surgical procedure with all its complications, so the doctor must carry it out medically well and it would be ideal to follow standard guidelines.

Guidelines for perioperative care in bariatric surgery have been published by the Enhance Recovery After Surgery (ERAS Society) 2022 organization, which covers various elements including nutrition. Based on the guidelines, perioperative nutrition care in bariatric surgery is divided into 4 groups, namely for preadmission care, preoperative nutritional management, intraoperative and post-operative nutrition. The elements of preadmission care are information, education and counselling, indications and contraindications for surgery, with some recommendations such as patient should stop smoking at least 4 weeks before surgery, manage weight loss, prehabilitation, and exercise before bariatric surgery. The recommendations for preoperative nutrition care are preoperative fasting specifically patients are allowed eating solids food until 6 hours and taking clear liquids until 2 hours before induction for elective bariatric surgery assuming no contraindication. For postoperative nutrition care, patients are scheduled to drink clear liquid hours after surgery, they should ideally have access to consultation regarding a comprehensive nutritional and dietary assessment of the macronutrient and micronutrient content of the diet based on the surgical procedure and the patient's nutritional status, including vitamin and mineral supplementation, and nutritional biochemical monitoring is also required. However, the success of bariatric surgery is not only limited to the surgery but the bigger target is for the patient to achieve ideal body weight. Therefore, the patient's diet after surgery and physical activity are processes that must be carried out by the patient

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#### **Corresponding author:**

Luciana B Sutanto  
Krida Wacana Christian University, Jakarta, Indonesia  
Email : [lcsutanto@yahoo.com](mailto:lcsutanto@yahoo.com)