

What to Expect in the First 90 Days After Bariatric Surgery

Your recovery journey with the Verve Healthgroup team

The first three months after bariatric surgery are a time of healing, adjustment and steady change. At Verve Healthgroup, you'll have structured follow-up with your surgeon and specialist dietitian to help you progress safely through each stage.

Below is an overview of what most patients can expect during the first 90 days.

Weeks 1–2: Early Recovery

How you may feel

- Tired or low energy as your body heals
- Mild discomfort around the incisions
- Reduced appetite and small portions feeling surprisingly filling
- Temporary digestive changes such as bloating or wind

Your eating plan

- Liquid or puréed foods depending on your pathway
- Slow, frequent sips of fluid to maintain hydration
- Focus on tolerating small amounts comfortably

Activity

- Short, regular walks (often starting the day after surgery)
 - Gradual increase in movement around the home
 - No heavy lifting or strenuous exercise
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Weeks 3–6: Transition Phase

How you may feel

- Energy usually starts to improve
- Early weight loss becomes noticeable

- Hunger cues may return but remain subdued
- Some patients notice emotional fluctuations as routines change

Diet progression

- Moving from puréed to soft foods
- Learning your new comfortable portion sizes
- Guidance from your dietitian on protein, hydration and eating pace

Activity

- Increasing gentle exercise such as walking or cycling
 - Many patients return to work during this period (depending on job type)
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Weeks 6–12: Building New Habits

How you may feel

- Steady, encouraging weight loss
- Better mobility and fitness
- Improved sleep and energy
- More predictable digestion and appetite patterns

Diet

- Gradual introduction of firmer foods
- Identifying foods that suit you well
- Establishing routines for protein, fluids and supplements

Activity

- Progressing to low-impact exercise such as swimming or gym-based activity
 - Introduction of light strength training if clinically appropriate
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What's Normal in the First 90 Days?

Many patients experience:

- Tiredness, especially in the first few weeks
- Rapid weight loss
- Temporary taste changes
- Occasional digestive discomfort

- Emotional ups and downs as lifestyle changes settle in
These typically improve with hydration, rest and support.
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When to Seek Advice

Verve Healthgroup is available if you have concerns.
Please contact us promptly if you experience:

- Persistent vomiting
 - Severe abdominal pain
 - Difficulty staying hydrated
 - Fever or wound problems
 - Sudden changes in your ability to eat or drink
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Support Throughout Your Recovery

Your first 90 days set the foundations for long-term success. The Verve Healthgroup team will guide you through each stage with scheduled reviews and individualised advice so you can progress confidently and safely.