

# **9 Things You Don't Want To Do After Weight Loss Surgery**

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- 1 Take Ibuprofen, NSAID's or Aspirin**
- 2 Drink carbonated beverages**
- 3 Use a straw**
- 4 Drink alcohol**
- 5 Drink with meals (other than a sip)**
- 6 Skip vitamin + calcium supplements**
- 7 Drink less than 64 oz of water each day**
- 8 Skip exercise**
- 9 Get Complacent**

notes: