



## **Is it safe to fast after a surgical procedure?**

It can be safe and it depends on the surgical procedure, but the most important thing is really to listen to your medical team and do what they say. There's no reason to combine it with doing surgery, there's always going to be another day to do the fasting. So wait until you're recovered from the surgery and go afterwards.

For a lot of surgeries, for example, you won't be allowed to eat after surgery. When they do bowel surgery and if your bowels are not moving properly, they'll tell you to stick with clear fluids after a surgical procedure. So there's actually no reason why you couldn't fast, but always talk to your doctor because for other procedures, they may want you to eat, and it's not clear whether or not it's going to make it better or make it worse. Then always be safe and listen to your doctor.