

**Question:** Should post-operative diet vs. no post-operative diet be used in patients undergoing bariatric surgery?

Certainty assessment							N <sub>o</sub> of patients		Effect		Certainty	Importance
N <sub>o</sub> of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	post-operative diet	no post-operative diet	Relative (95% CI)	Absolute (95% CI)		
<b>Weight (follow up: mean 12 months; assessed with: kg)</b>												
6	randomised trials	serious	serious	serious	serious	none	205	196	-	MD <b>4.55 higher</b> (13.08 higher to 3.99 higher)	⊕○○○ VERY LOW	
<b>Percentage excess weight change (follow up: mean 12 months)</b>												
4	randomised trials	serious	serious	serious	not serious	none	106	105	-	MD <b>10.85 higher</b> (19.02 higher to 2.69 higher)	⊕○○○ VERY LOW	
<b>BMI (follow up: mean 12 months)</b>												
3	randomised trials	serious	serious	serious	not serious	none	106	96	-	MD <b>2.77 lower</b> (0.72 lower to 6.25 lower)	⊕○○○ VERY LOW	
<b>Weight change (follow up: mean 24 years; assessed with: kg)</b>												
3	randomised trials	serious	serious	serious	not serious	none	32	30	-	MD <b>12.96 lower</b> (4.26 lower to 21.66 lower)	⊕○○○ VERY LOW	

CI: Confidence interval; MD: Mean difference