

# FirstBite:

Your journey is just beginning.

## **What is First Bite?**

First Bite is a dietitian-led class offered exclusively by Texas Laparoscopic Consultants. It focuses on how to properly advance your diet after surgery. It is meant to be attended while you are still on the full liquid phase of your diet progression.

## **How is First Bite different from the nutrition classes I attended prior to my surgery?**

The First Bite class is focused solely on life after surgery. Because of that, more time can be given to providing you with sample diet plans and helpful hints for each stage of diet progression as well as tips for long-term weight loss success.

## **What does it cost to attend a First Bite class?**

There is NO charge to you if you attend the class within the first month of your surgery.

## **When can I attend the First Bite class?**

The ideal time to attend a First Bite class is when you are 1-2 weeks post-op (after surgery). This is when most patients are progressing their diets to pureed, therefore, you will get the most benefit out of the class at that time. However, all of the information talked about in the class can be used within the first month after surgery and thereafter.

## **How do I register for the First Bite class?**

It is best to register for the First Bite class while you are at the office for your pre-op visit with your surgeon. You may also register for the class by calling the office at 713.493.7700.



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