



Dietitian appointments

Your Pre-op appointment

Everybody has an initial appointment with Lucy, whether they are choosing a balloon, band, sleeve or bypass. This is both an assessment and an opportunity for Lucy to share all of the dietary instructions for before and after your operation, to support you in your success. It is an hour long and Lucy will send you all of the supporting information by email afterwards so you don't have to write notes or try to remember everything. This can be face to face at Spire Gatwick Park or by video conferencing for flexibility in timings. Video conferencing can be done using a special app called Oviva that you can download for free or through Skype or Facetime if you'd prefer.

Intensive Nutrition Coaching for patients after weight loss surgery

People having a balloon or band have their first appointment with the dietitian included in their care package. After surgery, they can choose additional support from Lucy whenever they would like. People having a bypass or sleeve have follow up with Lucy included (30 minutes at 6, 12 & 18 months after surgery, either face to face or video conference) but they too can pick to have additional support at any time.

Surgery is a fantastic tool to help people lose weight effectively and achieve their goals. After surgery sometimes people feel unsure about the best things to be eating or whether they are getting enough of the right nutrients. For people who want extra support, Lucy offers an intensive coaching period supported by a smartphone app called Oviva.

Each day you use the Oviva app to take a photo of everything you eat and log all of your activity – it even connects to activity trackers such as Fitbits or Apple Health. Lucy then provides feedback and motivational messages 5 days a week straight to your phone. Together you set achievable goals and problem solves issues, while Lucy helps to keep you on track.

This is ideal for anyone who has recently had surgery and is still finding their way or for those whose weight has stalled and they want to make sure they are getting it right. It can be used at any time during your 2 year follow up, beyond or even by those who had their surgery elsewhere. Lucy offers this as a package with additional follow up appointments, or as an individual option.

Lucy Jones provides this course; an award-winning dietitian who has helped thousands of patients undergoing weight loss surgery achieve their goal weight.