

## Psychological Assessment and Support

Optimum Intake can provide psychological assessment and support to those undergoing bariatric surgery. Concurrent interventions with a Dietitian and Psychologist can be very effective. Please consult our website or psychology brochure for more information or call **0499 008 451** to discuss.

For all enquiries and to start your NESS program with us please call our office on **0499 008 451** to make your first consultation booking.

See our website for full details.

## Contact Details

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CHARLESTOWN, 2290**

Website:

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# Optimum Intake Dietitians

Nutrition Education and Support for Surgery (NESS)

*Our NESS program is specifically designed to optimise bariatric nutrition care.*



*Eating Right Bite By Bite*

Our staff are friendly, professional and people you can rely on for expert nutrition advice.

Undergoing a bariatric surgery procedure is only one part of the journey to assist you in losing weight and regaining health, fitness, self esteem and quality of life. After surgery you need to learn how to use the tools provided to get the optimum benefit from it.

For this reason, you need a team of different health professionals working with you to achieve your best results. Our experience in bariatric surgery nutrition will form an essential part of your weight loss journey and will provide education both pre and post surgery.

Optimum Intake Dietitians will provide you with dietary education on how to change not only what, but how you eat and how to manage the challenge of getting all the nutrition your body needs within the constraints of the procedure. Although some eating changes can sound simple, in reality, breaking years of eating habits can be hard and your team is there to support you through both the successes and setbacks along the way. Our dietitians will perform a comprehensive nutrition assessment to identify, prevent, or correct deficiencies both before the procedure and after. From experience we have found that this support and education is fundamental to long-term success with bariatric surgery.

Optimum Intake has specifically designed a bariatric surgery care package for our clients to maximise the support we can provide you on your journey to a healthier lifestyle.

### Our NESS Package:

#### Pre and post-operative assessment, education, support and email contact (for a 12 month term).

The package includes a detailed dietary assessment and preparation consultation to get you set up for the weeks prior to your surgery. Following your operation we will provide you with an intensive education and support program which includes education on food texture, food variety and options and food quantity for both the adjustment phase and maintenance phase.

We take into consideration your nutritional requirements and educate you in order to prevent nutrient deficiencies and long term malnutrition.

We also work to improve your relationship with food and make eating an enjoyable experience again long term. In order to provide maximum support this package includes the flexibility of email contact throughout your journey allowing you to ask questions as they arise.



### NESS Package includes:

- A pre operative detailed dietary assessment and education consultation
- Post operative review consultations
  - Week 1, \_\_\_\_\_
  - Week 3, \_\_\_\_\_
  - Week 5, \_\_\_\_\_
  - 3 months, \_\_\_\_\_
  - 6 Months and \_\_\_\_\_
  - 12 months post operation \_\_\_\_\_
- Email contact throughout your journey (for up to 12 months).
- A bariatric surgery help kit that includes information handouts on each stage of your nutrition care, a specifically designed plate and bowl, a supermarket guide booklet on food portions and recommended food products plus a flexible meal planner full of nutritious and easy to follow recipes with a visual guide using everyday ingredients.

Ongoing communication with your surgeon and medical provider is included in your package with detailed reports over your 12 months.

Additional or ongoing appointments beyond 12 months are available if needed and can be discussed with your dietitian at that point in time. *\*Additional costs will apply.*