

**NOEL A.** What kind of food am I going to eat after surgery? After surgery, you're going to be able to eat pretty much just about anything. The focus is on eating healthier, but we prefer that you try to make the best selections you can.

**EMMANUELLI:** But you're going to be pretty much able to eat just about anything. Will I be on liquids for the rest of my life? No, you will not be on liquids for the rest of your life.

You'll be on the pre-op very low calorie liquid diet for about two to four weeks prior to surgery, which is decided on by Doctor De la Cruz. And then, you'll only be on liquids for about a week afterwards. And then, through that first month we'll progress you through different phases of foods until you get to regular textured foods again, which would be about a month after surgery. So you can look forward to a month out after surgery being back to regular, whole foods again.