

Bariatric Surgery Process

Weight-loss surgery is an important decision. Before undergoing surgery, you need to be well-informed about everything that accompanies it. Follow these steps to see the entire bariatric surgery process, from start to finish!

Am I A Candidate?

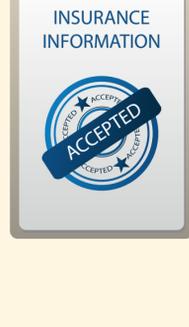


Attend an Information / Support Group Meeting

To find out if bariatric surgery is right for you, and to have any questions or concerns answered, attend a free public seminar or group meeting. These will inform you of the benefits, risks and complications of surgery.

Verify Your Insurance

After you have decided to undergo bariatric surgery, find out if your insurance company covers weight loss surgery. Every insurance carrier and individual plan varies. Some plans may require you to lose weight beforehand, while others will require an out-of-pocket expense.



Get Your Medical Records

Contact your primary care physician to get your medical records. Your physician can help you to determine what type of bariatric surgery is best for you. Once you have this documentation, your physician will write a formal referral to your weight loss center.



Apply to Be a Candidate

Fill out a paper application or apply online. Physicians will review your information. If you are a good candidate, you will be contacted for an appointment with a surgeon.



Meet the Team

Ask Questions

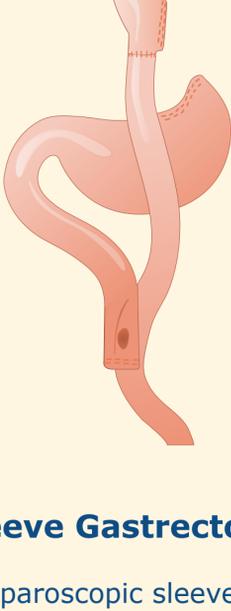
During your first appointment you will meet your board-certified bariatric surgeon, registered nurses, nurse coordinators, nutritional experts, psychologists, financial coordinators and sleep specialists. They will guide you through the entire process and answer questions.



Choose a Surgery

Gastric Bypass

Laparoscopic gastric bypass surgery involves stapling the stomach and re-routing the small intestine to form a small stomach pouch about the size of an egg.



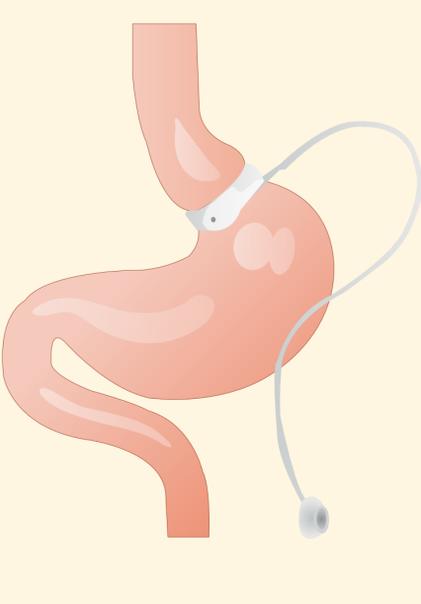
Sleeve Gastrectomy

A laparoscopic sleeve gastrectomy is a non-reversible weight-loss procedure that involves dividing the stomach vertically and shaping it like a slim banana, which reduces stomach size by 85%.



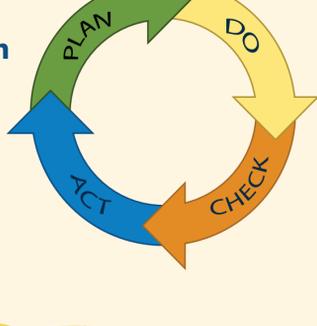
Gastric Band

Adjustable gastric band surgery reduces stomach capacity through laparoscopic techniques that implant a silicone band into the patient's abdomen. This creates a tiny stomach pouch that limits and controls the amount of food eaten.



Develop a Pre and Post Surgery Plan

Talk with your bariatric team to develop a pre and post surgery plan that will help you manage your weight, modify your behavior and change your overall lifestyle.



After Surgery

What to Expect:



Recovery: Take at least three weeks off from work.



Personal Care: Do not take baths or swim until your post-op checkup.



Lifting: Do not lift anything over 10 pounds for three months.



Pregnancy: Avoid getting pregnant for 18-24 months.



Excess Skin: Wait at least 18 months before any type of skin removal surgery.



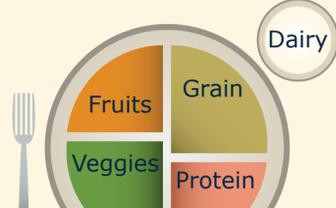
Sex: Avoid sexual activity for two weeks after surgery.



Exercise: Try walking at least 20 minutes a day and then increase as you build muscle mass.

Diet & Nutrition

You will need to dramatically change your diet and adapt your nutrition habits to maintain a health weight. Learn how to plan your meals, drink adequate fluids and take proper vitamins and minerals.



Support Groups

Join a support group to stay motivated, share similar stories and receive encouragement.

