

## Information About Weight Loss Surgery

### **What does the process involve?**

First you will need a referral letter from your GP. If you do not have one when you make an appointment to see Mr Bassari, please make sure you bring one at the time of your first consultation.

During the first consultation, several questions related to your overall health, weight loss experience and eating habits will be asked. There are certain criteria you will need to meet in order to qualify for weight loss surgery (WLS).

The different types of WLS will be discussed with you, including the anticipated risks and outcomes. Frequently a gastroscopy\* is required at some stage prior to proceeding with surgery. You will also be referred to multiple clinicians in order to optimise yourself for surgery and achieve the best possible outcome. These include a physician, a physiotherapist and a dietitian. You may already know some yourself. Once you have been assessed by the different clinicians and deemed ready for surgery, you will have another appointment with Mr Bassari. Further discussion about the surgery takes place. Two weeks prior to your surgery, you will need to be on a very-low-calorie-diet (VLCD) such as Optifast. This is used as a **meal replacement**, not an additional supplement. Being on a VLCD meal replacement reduces the size of your liver and allows for a safer surgery. If at the time of surgery, the liver appears too large and obstructs surgical access, the operation will be aborted.

After surgery, you will have at least one surgical drain. You will not be allowed to eat or drink for the first night. The first day after surgery, you will have a swallow test. This involves drinking an X-ray contrast followed by multiple X-ray pictures. This is done to rule out a leak along staple line and joins. This test is not 100% sensitive. If there is no leak visible, then you can start on a clear fluid diet. It is not unusual to have difficulty swallowing in the first few days.

### **How long do I have to stay in hospital?**

Most patients stay for 2-3 nights, depending on progress.

You will take approximately a week off work. You will not be allowed to perform any heavy lifting (more than 10kg) for the first 4 to 6 weeks following surgery.

### **What follow up is involved?**

Once you leave hospital, you will have a follow up appointment with Mr Bassari in 2 to 4 weeks. After this, you will continue to have regular follow-ups. You will require regular blood tests.