

# The Bariatric Journey



## Patient Journey



## Your Steps



## Your Specialist Team

### Research

#### It's time to make the first step, so what do you need to know?

Visit <https://www.stgeorgeprivate.com.au/Services/Bariatric-Surgery> to learn more about the surgical options available and which one is best for you.

St George Private Hospital is Australia's highest volume bariatric hospital and is recognised as the leader in bariatric surgery.

Our specialists are some of the best in the business. Visit <https://www.stgeorgeprivate.com.au/Our-Doctors/Specialists> for a list of our specialists and their bios.

### Meeting your Specialist

#### You've decided to make a change!

The day has arrived to discuss and identify your lifestyle goals, general health and weight loss options.

You will find out what to expect and discuss the questions you have. Don't forget to bring along a detailed overview of your medical history.

This is a chance for your specialist to meet with you for the first time and to discuss your weight loss options and your medical history.

At this time your specialist will explain your role in this journey such as the importance of the pre-operation diet.

### Pre-op

#### Your real Journey starts here!

- Pre-op diet begins
- Preparing mentally and physically for surgery
- Prepare for your hospital stay
- Complete any pre-admission paperwork

Your specialist will continue to manage your expectations of the procedure and ensure that you are correctly following the pre-op diet and answer any further questions you have.

### Surgery Day

#### You will arrive at the hospital at an assigned time. Any final questions you have can be answered at this time.

Your weight loss surgery will be performed by your bariatric surgeon and a 2-3 day hospital stay will follow.

The surgeon will ensure the pre-op diet was done and perform the procedure.

### Post op care

#### Your initial liquid post-operation diet will commence before progressing further to pureed food.

You will be cared for by nurses experienced in bariatric surgery and the onsite dietitian can answer any of your questions. The post-op diet is formulated by our dietitian. You are also welcome to attend support group meetings on the ward with fellow bariatric patients.

Your surgeon will visit you at this stage and discuss your condition, recovery and future expectations.

Direction and guidance will be provided to you by your dietitian.

### Ongoing care

#### For the next 12 months you'll continue to see your specialist every 2-3 months post-surgery and then 1-2 times per year after that.

Attending these consultations is very important to help support your lifestyle and dietary changes.

Your specialist will continue to monitor your condition and progress as well as discuss any queries you have.

They are on hand to help with your ongoing weight loss management.

### Your new life

#### All your dietary and lifestyle changes become a part of your everyday life as you continue on your weight loss journey.

Your specialist and their team are always there for you, so don't hesitate to contact them at any time. Well done!