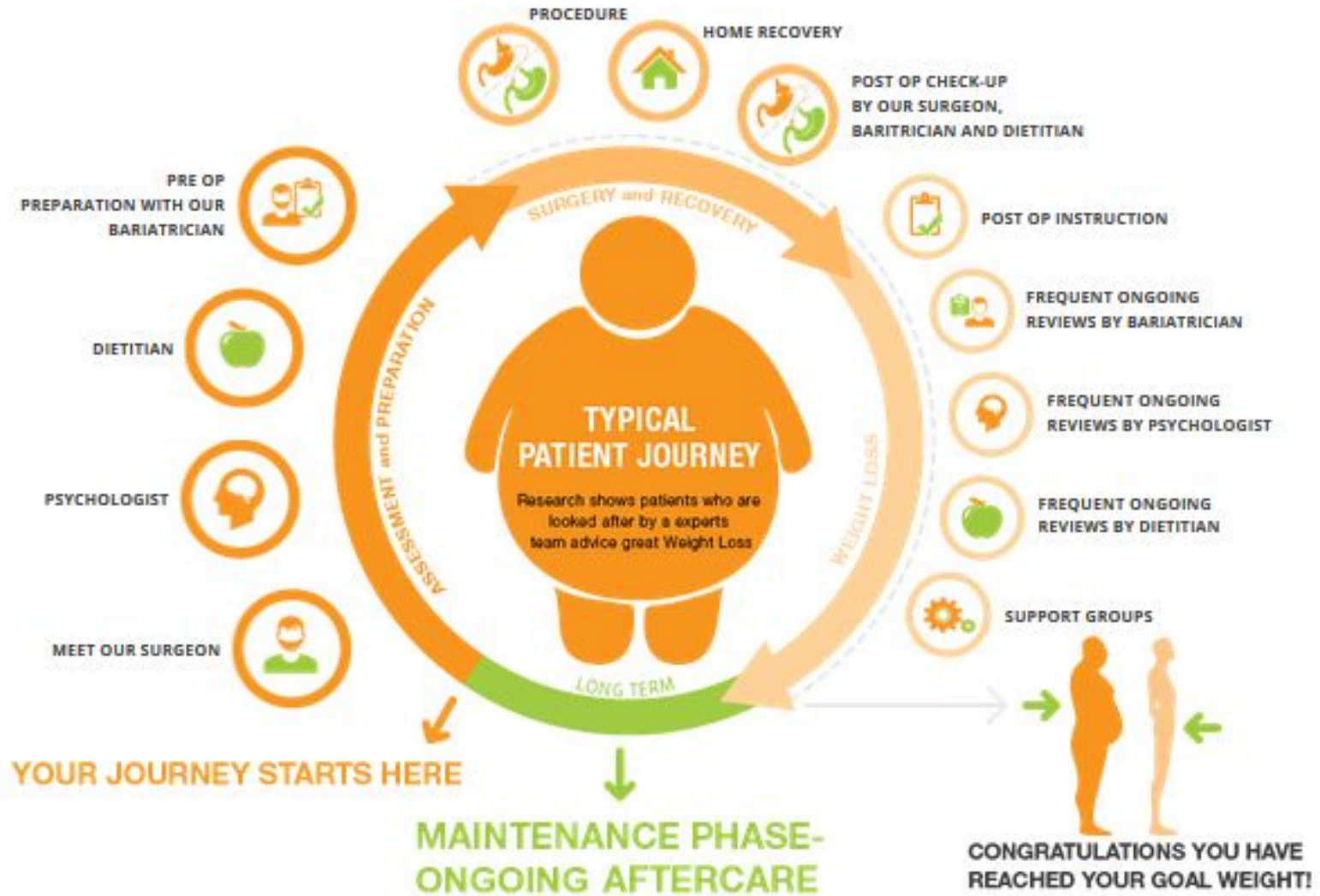




Your Weight Loss Journey

Your Journey



Your Journey

Weight Loss Journey

Your path to a healthy weight will pass through these important milestones.

6 weeks – Surgery

- Clinical Assessment •
- Dietician/Psychologist •
- Pre-Op Preparation •
- Procedure •



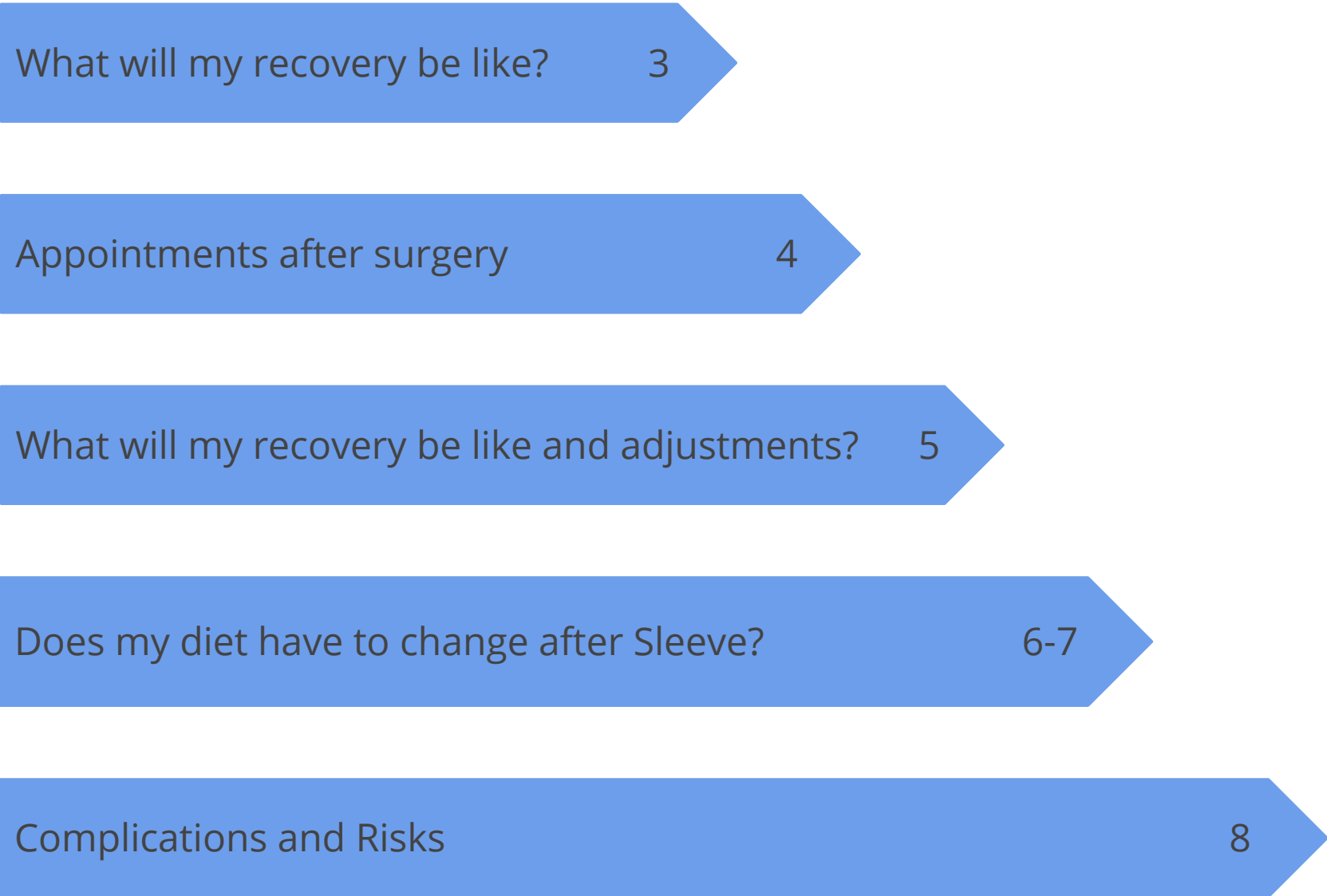
Lifelong Care Plan

- Maintenance Phase
- Lifelong Aftercare

12 Months – Weight Loss

- Congratulations!
- You have reached your Goal Weight

Your Journey



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My recovery looks like?

You will normally need to stay 2-4 days in hospital after your Gastric Sleeve operation. This is mainly to allow the temporary swelling around your Gastric Sleeve to settle before you go home.

You will be feeling quite well however and will be able to comfortably watch TV, meet with family and friends, and go for short walks. Once you are drinking well, your IV drip can be removed and you can go home.

Time off work

As a minimum you should take one week off work after the Sleeve operation. Most find two weeks a comfortable time frame.

We provide a medical certificate without mentioning your surgery.

Because your operation uses only small incisions there is little need for pain relief. We offer pain relief tablets but most patients rarely use them when at home.

First two weeks at home

You will be on a liquid-only diet. Liquids including coffee, tea, protein shakes, etc.

It is important not to have any solid food during this time, as your Sleeve is not yet ready for normal food.

Patients find they are not hungry because of the removal of the hunger hormone producing cells in the Sleeve Gastrectomy. You are provided with clear instructions and literature by our dietitians. We welcome your calls for advice at any time.

Post Op Appointments

At the two week mark, you will come back to WALOS for further medical and dietary consultations. These visits do not cost more.

Most patients feel fully recovered from the surgery and are ready to return to normal life activities.

We check wounds to ensure everything is fine. No sutures need removal as Dr Dolan uses invisible self-absorbing sutures underneath the skin.

For the next two weeks your diet can then expand to include soft foods and purees at this point.

After four weeks, you will be able to return to eating normal solid food again.

Moving forward, we schedule appointments (medical, dietary and psychological) every 3 months until your goal weight is reached.

If any problems arise, you can come back any time at no charge. Phone consultations can be arranged if clinic attendance is inconvenient.

Once your goal weight is reached (typically by 9-12 months), your appointments can become less frequent. We like to keep in touch at least annually, long term, to check that everything is going well.

There will be no additional cost to you at any time from WALOS, even if you have additional check-ups with our doctors.



Recovery and Adjustments?

As the procedure is performed laparoscopically, postoperative pain is much less than with conventional abdominal surgery.

Patients are normally up and walking around about an hour after the procedure, and you will usually be asked to stay in hospital overnight just to be on the safe side.

It is normal to notice some temporary discomfort in the left shoulder. Some notice a stitch-like feeling in the upper abdomen.

Both are common and completely normal - these are rarely serious enough to prevent you from doing day to day things, and they generally resolve within a week after surgery.

WALOS have pioneered a SCAR FREE approach that leaves.

Most of the procedure can now be performed via the umbilicus, allowing the main scar to remain hidden and private.

This technique is suitable for most patients, although rates of wound healing and scar formation differ from one person to another.

Please ask for more details during your consultation on our new technique.

Will My Diet Change?

After your post operative diet restrictions are over, there are no real dietary rules after your sleeve gastrectomy.

Most people find they can continue to enjoy the same types of food as before, just in smaller amounts.

Foods that can sometimes be challenging for the gastric band patients such as meat, stringy vegetables and bread are generally fine for for Sleeve.

It is still important to eat slowly and chew well, and stop eating the moment you feel full.

It usually takes between 3-6 months for the sleeve to fully settle in and eating quality improves greatly during this time.

Our dietitians are here to help you at any time.



Moving From Band to Sleeve

It is possible to move from a Band patient to a Sleeve patient, if the band was unsuccessful.

Any conversion would be performed in 2 stages, in order to reduce the risk of a staple line leak.

Step 1 - Band Removal

The band removal procedure is very straight forward. To allow the stomach wall to heal normally and be strong enough for staples after the Band is removed, the reactive stomach capsule must dissolve and allow the stomach wall thickness to return to normal. This will take 3 months.

The removal only takes about 30 minutes and can be done as day surgery.

Step 2 - Gastric Sleeve Procedural

As mentioned previously, this involves the usual short stay in hospital.

The risks in this conversion are higher than a primary procedure. This should be balanced against the possible benefits. While everyone's circumstances are unique, it is important to understand why it has not worked.

Dr Dolan and the team will meet with you to go through your situation and explain your options.

Gastric Sleeve Risks

Because the stomach itself has to be divided, there are increased risks over Gastric Banding in the early postoperative period.

One risk is that gastric fluid may leak through the staple line, if healing along the staple line is not perfect. This causes infection around the outside of the Gastric Sleeve, and can be quite serious.

Recovery may take several weeks, and treatment usually involves the use of antibiotics, surgical drains, and gut rest.

If leakage occurs, additional procedures such as re-operation and endoscopy are frequently needed.

The risk of this complication in our experience is very rare, but it may be suspected if a patient develops fevers and acute upper abdominal /back pain in the early postoperative period.

Early treatment is the key to managing this problem successfully, so it is important to be on the watch for these symptoms and return back to the hospital without delay if concerns exist.

Gastric Sleeve Risks (cont.)

If you live outside Perth, we recommend that you stay in Perth for a total of 2 weeks from the date of your surgery, before returning home. This allows us to be able to treat you as quickly as possible in the rare event of any complication.

We have arrangements with private hospitals for extended accommodation in nearby apartments, at very reasonable rates for you, after hospital discharge, if you require this.

Other complications that can occur include:

- internal injuries,
- bleeding,
- blood clots in the leg veins or lungs,
- infections in the abdomen,
- chest wounds, and
- allergic reactions to anaesthesia or medication.

These problems may occur following any surgical procedure, and precautions are taken in all patients to reduce these risks to the absolute minimum.

