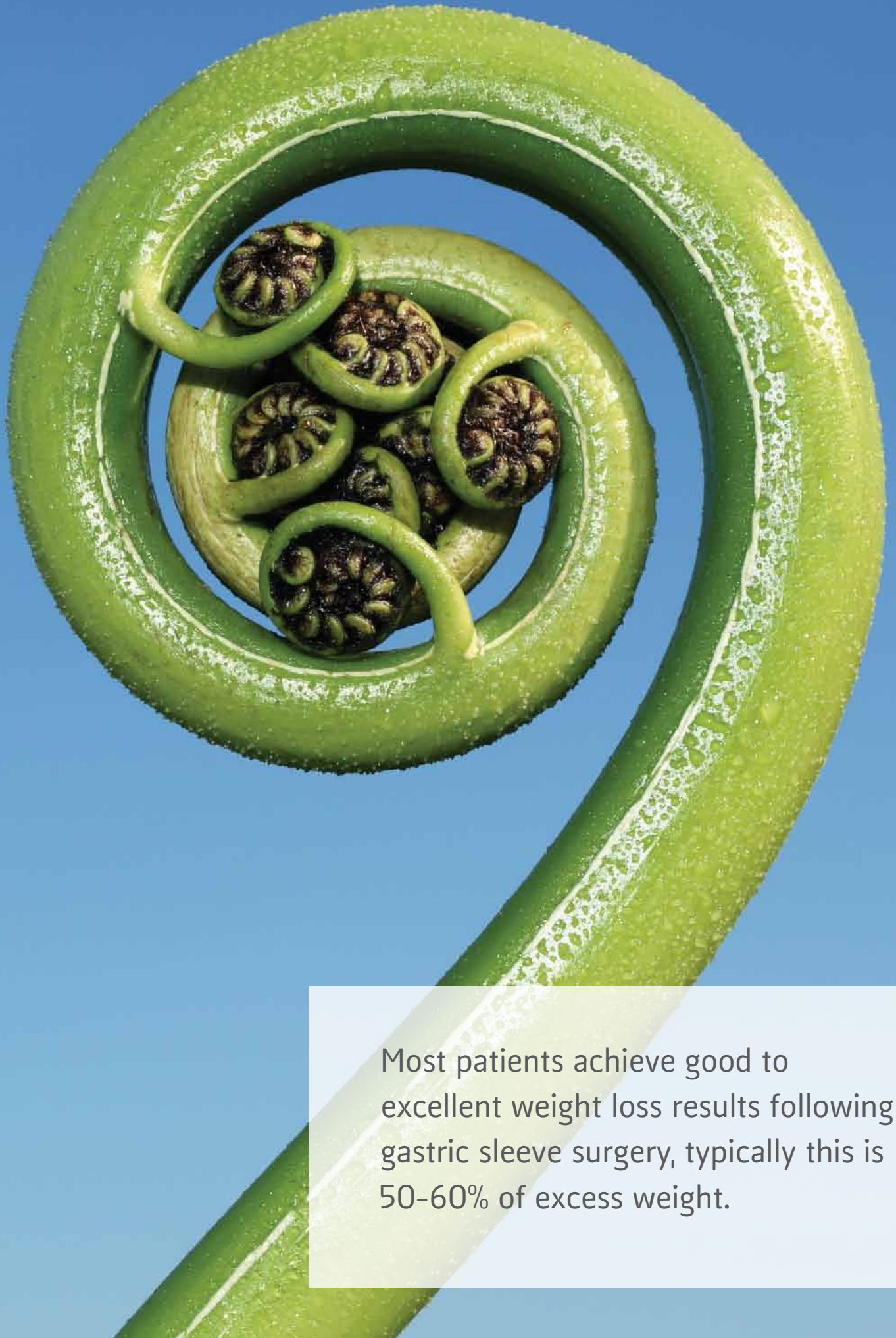




Ormiston Hospital

# ORMISTON HOSPITAL WEIGHT LOSS SERVICE





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# A new beginning

Welcome to the Ormiston Hospital Weight Loss Service and congratulations on taking the first step toward improved health and life balance. Our service is intended to offer our local and wider community a surgical choice and clinical support, to assist in taking ownership of your health and moving forward to a greater place of wellness.

Bariatric Surgery is to assist in weight loss in the obese patient and may be recommended as a last resort when diet, exercise and medication have not been successful, or if obesity related conditions such as heart disease, asthma, high blood pressure, sleep apnoea and type II diabetes have worsened, among other problems.

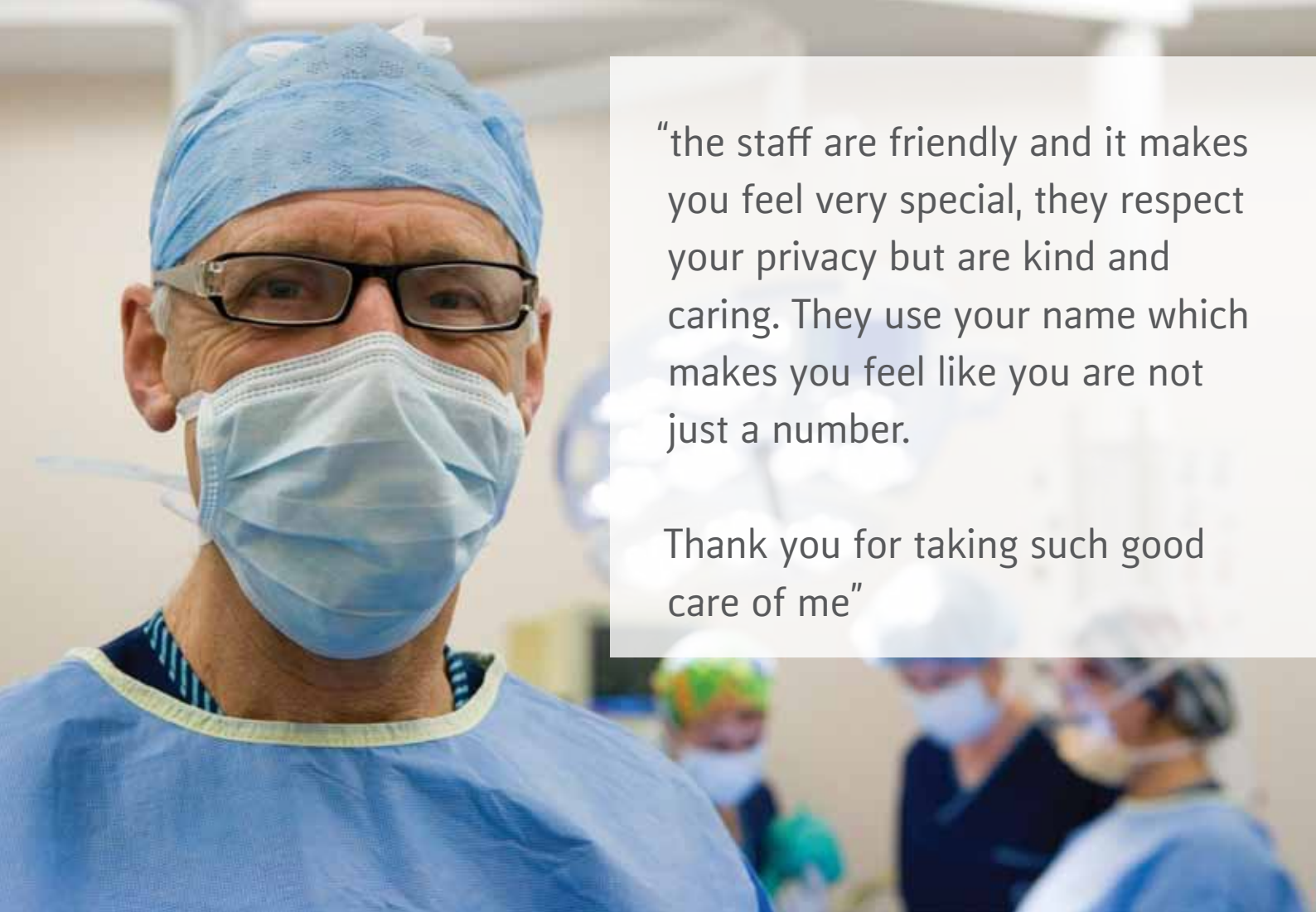
The aim of the surgery is to reduce the food-holding capacity of the stomach so the patient has a feeling of fullness after eating very little. Without hunger pangs, the person tends to lose interest in overeating and is more likely to stick to a low-kilojoule diet.

Bariatric surgery is not a quick-fix cure. Weight loss still depends on healthy eating and exercise. The patient who follows postoperative diet and exercise instructions can expect good results. Patients who are unable to make lifestyle changes will not lose the desired amount of weight despite successful surgery.

Bariatric surgery reduces the risk of death from obesity. Many obesity related conditions such as type II diabetes, obstructive sleep apnoea, joint pain, lipid abnormalities and high blood pressure, are either completely resolved or substantially improved.

Most patients achieve good to excellent weight loss results following gastric sleeve surgery, typically this is 50-60% of excess weight. Patients lose most of their excess weight in the first year and can lose more weight over the next 6 to 12 months. Weight will usually stabilise after this. There can be some weight regain, but this is usually minor. There is no amount of weight loss that is guaranteed.





“the staff are friendly and it makes you feel very special, they respect your privacy but are kind and caring. They use your name which makes you feel like you are not just a number.

Thank you for taking such good care of me”



“This is a wonderful hospital to be in, it is beautifully run and very patient orientated. Thank you so much to all who cared for me”

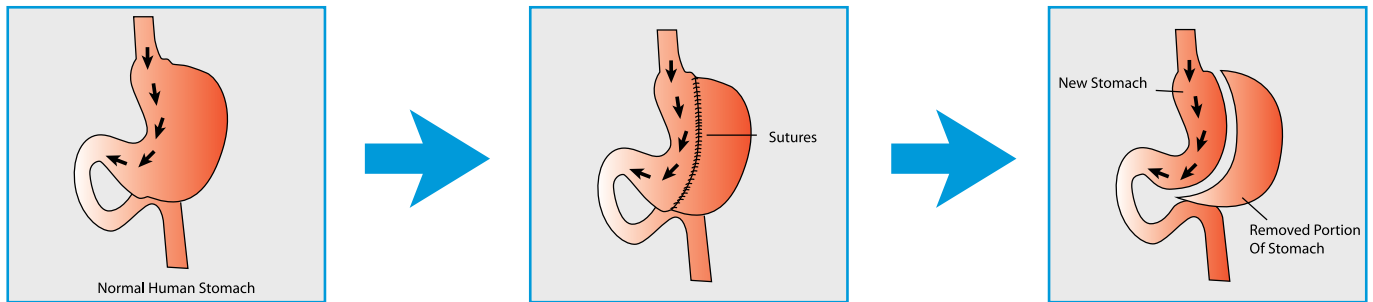
# Bariatric surgery is a first step in a life-long process of weight management.

## Laparoscopic Sleeve Gastrectomy

The surgeon greatly reduces the size of the stomach by converting it into a long tube. The stomach is stapled along its length and the excess stomach is removed. As the stomach is much smaller, it holds less food and the patient feels full after eating less. Doing this procedure laparoscopically has many advantages, including less pain, a shorter hospital

stay and a quicker recovery, as well as significantly reduced risk of infection or hernias. During the procedure, surgeons sometimes have to convert from laparoscopy to open surgery, if an unexpected complication occurs. This should not be regarded as a complication of the procedure, but rather in the best interests of the patient.

## Gastric Sleeve Surgery



## Candidates for Weight Loss Surgery

In general, an appropriate candidate for Weight Loss Surgery is:

- Morbidly obese, which is at least 45 kilograms overweight for male and at least 36 kilograms overweight if female with a body mass index (BMI) of 40 or greater
- A relatively healthy adult aged 18 years or over who can tolerate the stresses of surgery and anaesthesia, however patients outside of the usual age range such as younger teenagers or the elderly may be considered in select cases
- Serious about losing weight and has tried to lose weight in the past
- Prepared to make the necessary lifestyle changes following surgery
- Not a heavy drinker
- Not pregnant
- Not afflicted with a metabolic condition that causes weight gain such as hypothyroidism (underactive thyroid gland)

## Before Surgery

For 2 to 6 weeks before your surgery you are required to follow a low calorie diet. The programme followed is Optifast or Dr Mcleods. Our Dietician and Surgeon will advise on the amount of time you will need for this. Your doctor may also refer you for a psychological consultation to help you prepare for the surgery and ensure that you are in a position to make a success of the significant changes that will follow.

## Why Is it Necessary To Lose Weight Pre Surgery

- To lower body fat levels for better access for the surgeon
- To reduce the size of your liver which would otherwise be in the way
- Greater ability to adapt to post-operative dietary requirements
- Improved surgery outcomes
- Reduced operating time and post operative risks
- Improved Physical function and mobility post surgery

## Recovery After Surgery

The length of hospital stay depends on whether any complications occur. The dietician will give you detailed dietary information before you are discharged. Most patients are on a liquid diet for the first week because solid foods could strain incisions or stretch the gastric pouch. The surgeon and dietician may recommend a pureed diet for a few weeks before you can start eating solid foods again. You may have pain in one or both shoulders and that may extend into the neck. Carbon dioxide gas used during laparoscopy is thought to be the cause. Over the counter pain medication is usually enough to relieve the pain. The surgeon can prescribe stronger pain relief if required.



## Over the Long Term

All bariatric surgery patients need regular check-ups for life with various medical professionals. The medical team may include your GP, surgeon, dietician, psychologist, exercise specialist and other medical professionals who can help manage obesity related health conditions.

Feelings of fullness may be different after surgery. You may rarely feel hungry. The sensation of fullness after a meal may be felt higher up, behind the breastbone.

Overeating may cause unusual symptoms such as sneezing, shoulder pain, excess salivation or shortness of breath. Listen to your body and learn to recognise these new sensations.

A new eating style must be established. Slow eating and thorough chewing is essential to avoid overloading of the gastric pouch.

Weight loss may affect your life in unexpected ways. Counselling and support groups can help you with issues such as body image concerns and changes to relationships.

Excess skin usually does not shrink to normal after significant weight loss. Some large folds of skin may require body contouring surgery, some 12 to 18 months after bariatric surgery. Discuss options with your surgeon. Multiple operations are often needed and each will pose further risks.

## What the Ormiston Hospital Weight Loss Service Will Offer:

- A holistic approach to Weight loss
- Surgical Care in a patient focussed, modern, world class private hospital
- Free 90 minute Forum – “An overview into Bariatric Surgery”
- Comprehensive Preoperative Surgical Consultation
- Comprehensive Preoperative Dietician Consultation
- Preoperative Consultation with Physiotherapist and Spirometer provided
- Full Cost of primary Bariatric Surgery
- 2 nights post operative stay in a private room
- Post operative Physiotherapist Consultation prior to discharge
- Post operative Dietician Consultation – at home approximately 2 days post discharge
- Postoperative Surgical Consultation
- Dietician Consultation – 4–6 weeks post surgery
- Referral to ‘Green Prescriptions’ post surgery support services
- Psychological referral consultation/counselling

Ormiston Hospital acknowledges that this is a significant financial investment, so we have engaged Nova Medical Finance, who are able to offer payment plans to those patients wishing to consider this as an option for the funding of their surgery.

## Our Bariatric Team

### Surgeons



Habib Rahman – FRACS



Richard Babor – MBChB, FRACS



Stephanie Ulmer – MBChB, FRACS



Jon Morrow – FRACS

### Dietician



Christine Cheong

### Physiotherapist



Alice Baynham

### Hospital Contact Person and Registered Nurse



Tracy Norton

### Clinical Psychologist



Penny Kokut Louw

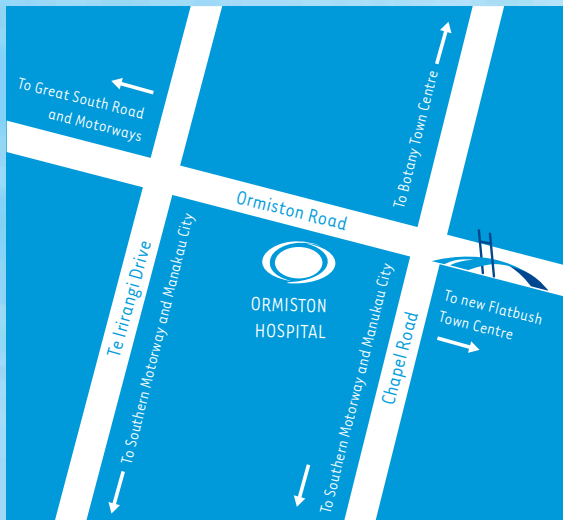
## Where to From Here

If you are wishing to pursue the option of Bariatric Surgery, you will need to visit your local GP and make the decision to be referred to the Ormiston Hospital Weight Loss Service. You will then be booked directly for a surgical consultation.

You may already have a GP referral in which case, you can contact us directly to book a surgical consultation.

In either situation, we welcome you to our hospital and our Weight Loss Service and we look forward to supporting you through this journey to an enhanced place of health.

SUCCESS IS A JOURNEY,  
NOT A DESTINATION



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