Recovery after Surgery

- Most patients stay in hospital for one to two nights.
- Initially you will be on a liquid diet and the Nutritionist will give you comprehensive information on how to progress onto the pureed diet before you are discharged.
- 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.
- Depending on the type of work you do you will need to take approximately two weeks off work.

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, nutritionist, psychologist, exercise specialist and other medical professionals who can help manage obesity related health conditions. 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.

Finance options available

Ormiston Hospital acknowledges that this is a significant financial investment, so to 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
Surgeon

Stephanie Ulmer
Surgeon

Andrew MacCormick
Surgeon

Ravinder Ogra
Interventional Gastroenterologist & Obesity Physician

Dinesh Lal
Interventional Gastroenterologist & Obesity Physician

Kirsty Paraone RN
Ormiston Weight Loss Service Co-Ordinator

Jennifer Robb
Nutritionist

Alice Baynham
Physiotherapist

Contact us today on 09 926 5821
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www.ormistonhospital.co.nz
Finance options available

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 feeling of hunger. 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 refuse to make lifestyle changes will not lose the desired amount of weight despite successful surgery.

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.

Other bariatric procedures are also performed at Ormiston Hospital eg. Gastric ByPass, Intragastric Balloon.

We are able to offer non surgical management of Obesity with Intragastric Balloon procedure (Orbera Balloon). This can be used for a period of 6 months at a time to attain significant weight loss and can also be suitable for patients who have significant illnesses that makes them unsuitable for Sleeve Gastrectomy thereby acting as a bridge before they can undergo definitive surgery. It is approved by FDA as a safe Bariatric procedure.

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 or smoker
- Not pregnant
- Not afflicted with a metabolic condition that causes weight gain such as hypothyroidism (underactive thyroid gland)
- Not a recreational drug user

Before Surgery
For 2 to 6 weeks before your surgery you are required to follow a low calorie diet. The Nutritionist will meet with you to give you the instructions for this.

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 times and post-operative risks
- Improved physical function and mobility post surgery