



Reshape

Weight Loss Surgery Programme
Information Pack



Western Surgical Health

RESHAPE PROGRAMME *(Ceases 12 months after Surgery date)*

Patient Liaison Support	Unlimited support throughout your treatment
Dietitian	7 Appointments
Clinical Psychologist	2 Appointments
Physiotherapist / Sports Physiologist	1 Appointment: Assessment & personalised exercise programme
Bariatric Surgery	Surgeon's Fee: Sleeve Code 31575, Band 31569, Bypass 31572 Assistant Surgeon's Fee: Item 51303 Anaesthetist Fee
Physician	5 Appointments
Surgeon	3 Surgeon Appointments

PROGRAMME COSTS

TOTAL COST WITH PRIVATE HEALTH FUND COVER (Insured)

Programme Cost	\$5,800 (Patient "out of pocket" costs) <i>(PLEASE NOTE: Extra costs may apply if you have had previous weight loss surgery)</i>
Less Health Fund Refund	Depending on your level of cover, some health funds will cover Physiotherapy, Psychology & Dietitian visits
Plus Hospital Costs	Please confirm directly with your private health fund that you are adequately covered, by quoting appropriate surgery code above (Hospital excess may apply)

TOTAL COST WITHOUT PRIVATE HEALTH FUND COVER (Uninsured)

Programme Cost	\$6,900 (Patient "out of pocket" costs) <i>(PLEASE NOTE: Extra costs may apply if you have had previous weight loss surgery)</i>
Plus Hospital Costs	For hospital costs please contact the relevant hospital directly: SJG Subiaco: 9382 6111 HPH: 9346 6000 Bethesda: 9340 6300

PAYMENT SCHEDULE

INSURED

Payment 1 \$255 non-refundable Admin fee	\$600 payment to be made at the time of booking your initial consults with Physician, Dietitian & Psychologist
Payment 2	The balance of \$5,200 needs to be paid before a date for surgery is given. Please note that surgery is confirmed at the pre operative surgical appointment.

UNINSURED

Payment 1 \$255 non-refundable Admin fee	\$600 payment to be made at the time of booking your initial consults with Physician, Dietitian & Psychologist
Payment 2	The balance of \$6,300 to be paid before a date for surgery is given. Please note that surgery is confirmed at the Pre Op Surgical Appointment. (Additional charges may apply if an additional procedure is required at the time of surgery)

OVERSEAS (NON MEDICARE PATIENTS) NEED TO REFER TO SEPARATE RATE SCHEDULE
Enquire about accessing your Superannuation for assistance with costs:
Please call Human Services (Early Release of Superannuation Benefits) Ph: 1300 13 10 60
Patient Liaison Western Surgical Health: Tricia Lynch Ph: 6424 8596



OUR "RESHAPE" PROGRAMME FOR GASTRIC BANDING, SLEEVE GASTRECTOMY & GASTRIC BYPASS SURGERY

At Western Surgical Health we provide an holistic approach to your surgery and aftercare.

PRE SURGICAL PROGRAMME

The *RESHAPE* pre operative surgical programme consists of an assessment by one of our Physicians, Dietitian and Psychologist. A team meeting takes place and a decision is made as to your suitability to undergo the procedure. You will then have your review consultation with your Surgeon prior to surgery.

At your review consultation with your Surgeon, based on the outcome of the team meeting, surgery will be confirmed. The Surgeon will explain how the surgery will be performed, along with the risks and limitations.

DIETITIAN PROGRAMME (Seven individual consultations)

The Nutrition Programme with your Dietitian includes:

- Answers to your questions about the Gastric Band, Sleeve Gastrectomy and Bypass – what to expect in the short and long term
- Assessing and monitoring your nutritional needs with guidance on quality of food, fluid or multivitamin choices
- Education on your pre operative eating plan and how to transition back to normal diet after surgery
- How to make the transition between your normal eating style and the Gastric Band, Sleeve Gastrectomy and Bypass eating style
- How to optimise your nutritional and fluid intake with restricted food portions
- A personalised approach rather than "one size fits all" advice. Your eating experience after surgery should be as enjoyable, convenient and as "normal" as possible
- Assist you in managing and reducing complications post surgery related to the way you eat
- Provision of a specialised bowl, plate and recipe book
- Nutrition guidance

PSYCHOLOGIST (Two individual consultations)

You will meet our Psychologist who will help you reshape your lifestyle:

1. Develop strategies to help you to remain focused and motivated.
2. Identify the patterns in your eating behavior that are contributing to your weight problem.
3. Set goals for weight loss, fitness and other areas of your life.
4. Help you to change your attitudes and ways of thinking about food.
5. Identify and overcome obstacles to losing weight and maintaining the loss.
6. Learn to identify and expect success instead of failure in your life – especially in relation to weight management.
7. Learn to take responsibility for both successes and failures.
8. Identify what works for you and do more of those things.



SPORTS PHYSIOLOGIST (One consultation to be attended 12 weeks post operatively)

Performing regular exercise is an important factor in achieving gradual weight loss and long-term weight control.

1. Your Sports Physiologist will assess your exercise needs and identify any physical limitations to exercising.
2. An individual exercise program will be tailored to your specific circumstances and needs.
3. Advice regarding strategies, knowledge and skills, to maintain regular exercise, posture, core stability, and back care.

There are optional classes you may like to attend by joining the team at Sportsmed including gym classes, using the pool or Pilates Studio.

ABOUT THE SURGERY

Your Surgeon will advise which surgery type is suitable for you at your pre surgery consultation. Recovery following surgery differs from patient to patient. After surgery, patients can generally expect the following:

1. The day after: Most patients are self-caring on the following morning.
2. Hospital stay: Usually surgery is laparoscopic and requires a 1-2 night stay in hospital.
3. Normal activities: The patient can generally resume day-to-day activities, including work, around the two week mark eg. driving, lifting children or washing baskets, and house work. No heavy lifting for 10 days post surgery.
4. Pain and discomfort: Levels vary depending on the patient. Some patients experience mild pain and discomfort related to the incisions or referred shoulder tip pain (you should receive prescriptions from the hospital for pain relief, if not speak to your nurse or doctor).
5. Eating & Drinking: Only small amounts of clear liquids will be allowed the day after surgery, progressing to thin fluids for the next two weeks. It is important that you follow the guidelines provided by your Dietitian until your next review appointment.
6. Vomiting: It is very important that vomiting is avoided in the early post-operative period, so medication may be prescribed if you are feeling nauseated or reacting to the anaesthetic.
7. Early ambulation: It is important to get up and walk frequently to reduce risk of calf thrombosis.



POST OPERATIVE

It is critical in this first year to establish the necessary lifestyle changes for improved health and weight loss by attending all scheduled appointments. A successful outcome also depends on monitored and ongoing follow up:

1. Improvement in health, especially in relation to obesity-related diseases such as hypertension, diabetes, lipid disorders, asthma, sleep apnoea and arthritis.
2. Patients can expect on average of 60% excess weight loss gradually over 2 to 3 years.
3. Maintaining weight loss.
4. Mortality risk reduced.
5. Mobility and endurance levels improved.
6. Self esteem and self confidence improved.
7. Significant improvement in quality of life.

It is important to realise that these are general expectations based on published studies. No guarantee can be given to any individual patient. The ultimate goal of weight control surgery should be an improvement in health achieved by a sustainable weight loss that reduces life-threatening risk factors, and improves the patient's day-to-day quality of life.

Ongoing annual review appointments with our Physician and Dietitian will be conducted as an important part of your ongoing care. Monitoring of blood levels and nutritional status is vital for long term weight loss maintenance, health and well being.

We look forward to being of assistance to help you RESHAPE your life during your weight loss journey. Should you have any questions regarding your care please do not hesitate to contact us.



10 Golden Rules of RESHAPE

- 1 Eat 3 small meals per day and only eat at meal times
- 2 Eat only nutritious solid food
- 3 Eat slowly
- 4 Drink at least 5-6 cups of fluid per day between meals
- 5 Eliminate high calorie soft drinks, alcohol etc. from your diet
- 6 Stop eating as soon as you no longer feel hunger
- 7 Exercise regularly at least 30 minutes daily
- 8 Take a multivitamin supplement
- 9 Attend regular check-ups
- 10 Ask questions if in doubt about anything



FREQUENTLY ASKED MEDICAL QUESTIONS

Should I expect a lot of vomiting?

Usually there is no vomiting at all. If vomiting occurs, either there is something wrong with your band adjustments or there is something wrong with your eating habits and you should refer to your Dietitian handouts. Avoiding Vomiting is extremely important as it could cause shifting of the stomach within the band and this could then compromise your outcome. There may be some regurgitation experienced while adjusting to your new eating behaviour, due to over eating or eating too quickly.

Should I take a vitamin supplement?

Yes. Our Dietitian will have already gone through your required supplements in your first visit. Long term supplements are required for the Sleeve and Gastric Bypass. If you are able to eat a variety of foods from each of the food groups with an adjustable gastric band then you may not require them. Our Dietitian will recommend the most suitable multivitamin supplements for you.

What about other tablets and medicines?

Continue your medications prescribed as needed. If they are in the form of a bulky tablet, it is best to break them up to help with swallowing and prevent blockage. Capsules should be ok, these are designed to soften and melt in the body. Check all medications prior to surgery with your Surgeon.

What happens if I become pregnant?

It is important to note that pregnancy, after all weight loss surgery, is not recommended in the first 1-2 years. The likelihood of falling pregnant is greater, having lost the weight; your periods should now become more regular (so take precautions in this time). Once you are pregnant we usually remove all the fluid from the band early in the pregnancy to increase nutritional intake for both you and the baby. The band can be adjusted after the birth if you need to lose more weight. It is important to see your Physician and Dietitian during your pregnancy to help ensure adequate nutrition is provided.

What should I do when dining out?

Meal sizes should be kept to entrée size due to your limited capacity now. Eat slowly!

What about alcohol?

Alcohol is high in calorie content and is not tolerated well after weight loss. As there is no nutritional benefit it is not recommended.

Will I need plastic surgery for excess skin folds once I have lost the weight?

Some patients need to get some help with excess skin folds. Removal of the abdominal apron is the most common. Plastic surgery is not usually considered prior to 2 years post surgery once your weight loss has plateaued and maintained.

How much weight can I expect to lose?

Most people lose more than half their excess weight. Your weight should decrease slowly and gently over a 12-18 month period. We are not aiming for a rapid weight loss, which can be potentially harmful and may be associated with muscle loss. Weight loss should be between 0.5-1kg per week early on decreasing as you get towards the 2 year period.

What happens if I go overseas or to remote locations?

Generally there should be no problems. The way to avoid problems whilst away is to double check the foods you are eating and follow the RULES. Discuss with your Physician or Dietitian if you have any questions.



QUESTIONS ABOUT THE RESHAPE PROGRAMME

Q: How do I make an appointment to see a surgeon?

A: You need to see your GP to get a referral then contact our rooms to make appointment on 08 6424 8596. A referral from your GP must remain current and valid for the whole time you are attending our clinic and especially for ALL SURGEON APPOINTMENTS.

Q: How long does it take before I am able to have surgery?

A: To complete the appropriate pre surgical checks can take anywhere up to 12 weeks.

Q: What is the cost of the procedure?

A: The "out of pocket" RESHAPE Programme costs are \$5800 for a patient with appropriate private health insurance and \$6900 for an uninsured patient. For uninsured patients there are also hospital fees and additional procedure charges in addition to our fee. You will need to contact the hospital for costs.

Q: What services can I claim a refund on?

A: A rebate for Dietitian, Psychology and Physiotherapy appointments may be applicable from your private health insurer, if you have the required "extras" cover.

Q: Is there a Medicare rebate for the Programme?

A: The Medicare rebate applicable to the surgery is claimed directly by Western Surgical Health after surgery. There is NO rebate claimable from the surgery for the patient. This is reflected in our reduced Programme fees. Physician and Surgeon appointments are bulk billed to Medicare during the course of the RESHAPE Programme.

Q: How long does the RESHAPE programme last?

A: The 12 month RESHAPE Programme commences on your surgery date and includes the scheduled number of appointments as advised in this Information pack. Extra appointments will attract a fee.

Q: What if I don't use all of the appointments within the twelve month time frame?

A: Any unused services cannot be utilized after the 12 month expiry date. There is no refund on outstanding or unused services or appointments.

Q: What happens if I need more than the allocated appointments within the first twelve months?

A: In some cases patients may need, upon advice from our consultants, additional appointments or tests. These are always available and you are able to book them as required and pay for them as you go.

Q: How do I pay for my RESHAPE programme?

A: We accept Master Card, Visa, direct bank transfer, cheque or cash. EFTPOS facilities are available.

Q: Once I have paid for my RESHAPE Programme does this guarantee that I will have the surgery?

A: After attendance at the initial appointments with our consultants a decision is made on whether surgery is suitable. If surgery is approved by all consultants it will be confirmed at your pre operative appointment with the Surgeon.

Q: What happens if I miss an appointment?

A: We have a 24 hour Cancellation Policy. You need to call our rooms 24 hours prior to cancelling your appointment during business hours. We do not accept messages left on the answer machine the night prior to your appointment as adequate notice. If you fail to give 24 hours notice unfortunately you will forfeit the full fee for the appointment.

Q: What happens once I have completed my RESHAPE programme?

A: To maintain a healthy weight loss and lifestyle annual reviews are required. Additional appointments are available to you if necessary – please call 08 6424 8596 to book.

