



PROCESS SUMMARY

Laparoscopic Gastric Bypass (REY and One Anastomosis) & Laparoscopic Sleeve Gastrectomy

This document provides an overview of the process you will follow to qualify you for surgery. The process is designed to ensure you have the information you require to make an informed decision as well as the opportunity to ask questions. It is also designed to provide us with all the information we require to qualify you as a suitable candidate for surgery.

GP Referral & Blood Tests

A General Practitioner's referral is required for all patients seeking bariatric surgery. We cannot make your appointments until we have received this referral.

If you have had recent blood tests, please ask your GP to include a copy with your referral.

Once we have received your referral, we will contact you.

Patient Information Profile

The link to this document is [here](#). It provides us with contact details, general information about your health, physical ability and social state. You may not have exact answers to every question but do the best you can.

Please complete this Patient Information Profile at your earliest convenience.

Patient Portal

We will provide you with a link to gain access to our Tailor Clinics portal system. This is designed to support and benefit our patients to have a better understanding of the surgical journey and your process with us. It will provide you with access to educational videos, information, extra resources and associated quizzes to complete before your initial consultations with the team.

Consultations

During your consultations we will perform a comprehensive medical assessment to determine your suitability for surgery, cover your surgical options, as well as inform you of risks and complications associated with surgery. Once you have completed the initial consultations, the team will meet and discuss your approval for surgery. We encourage you to bring a support person with you to these appointments as there is a lot of information covered.

You will be provided with an 'Patient Manual' at these consultations. This is a ring-binder in which you can keep all the information you will accumulate during your bariatric surgery journey.

You will meet these members of our team during your consultations:

Carlie Heath – Bariatric Nurse

Carlie is a Registered Nurse. Her role is to assess your individual general health and gain an understanding of your weight problem. She will inform you of your bariatric surgical options and educate you about the procedures that we offer. She will advise and support you through your pre- and post-operative journey.

Nicolas Gunn / Zola McDonald / Laura Gunn – Nutritionist

Nicolas, Zola and Laura are qualified Nutritionists. Their role is to analyse your current dietary intake and examine your eating behaviours as well as give advice for pre and post-operative food intake. They will ensure that you have a well-balanced diet after your surgery and will provide ongoing support and advice throughout your bariatric surgery journey.

Ann Monahan / Johan Louw / Amanda Flevill - Psychologist

Ann, Johan and Amanda are registered Clinical Psychologists. They will assess the psychological aspects of your lifestyle that may have contributed to your weight issues and identify any underlying problems that may influence the outcome of the operation. They will look for triggers that may tempt you to eat and help with the development of coping skills before and after your surgery.

Rowan French / Wai Chang / Bernadette Goodwin – Surgeon

Rowan, Bernadette and Wai are all qualified laparoscopic (keyhole) bariatric surgeons. They will also educate you about the details of the surgical procedures and advise you of the length of time you require on the pre-op diet, confirm your suitability for surgery and give you approval to book a surgery date.

Laura Gunn / Nicolas Gunn – Exercise Specialist

Laura and Nicolas are experienced exercise specialists, their roles are to assess your fitness and physical activity levels and to create a tailored, individual exercise program to assist you with functional post-surgery rehabilitation, and commence your goal of weight loss and improved well-being. The exercise program (Barifit At Home, provided at 6 weeks post-surgery) will be encouraged at your own level, and guidance will be given with progressions to keep you motivated and challenged.

Virtual Appointments

At Tailor Clinics, we encourage those with extremely busy schedules, or who live a fair distance from our practice, to participate in virtual meetings, both before and after surgery as required. We choose this option for our patients to reduce the travelling time and inconvenience, improve flexibility and comfort levels by being at home, and to fit the appointments in easily and comfortably around our patients lives. We also at times, have circumstances where our only option is to offer a virtual appointment due to our current scheduling however we try and accommodate face to face appointments where preferred.

To do this effectively, we trust that our patients will have basic computer skills, and available devices that allow a secure connection. We have also established some guidelines to ensure we are able to experience effective communication channels. If in the case of expectations of poor internet, rural areas with slow connection, or computer illiteracy, please don't hesitate to contact the Tailor Clinics Admin team to determine a more appropriate option for consultation.

Tailor Clinics virtual meeting guidelines:

1. Preparation - ask in advance if the platform we use is unfamiliar to you. We can try and utilise a system that is mutually acceptable and understandable.
2. Arrive in the virtual meeting on time – punctuality is important for both parties.
3. Attend the meeting from a quiet area, with minimal background noise and distractions to improve connection and stimulate engagement between yourself and the clinician.
4. Pay attention and maintain eye contact – try not to multi-task, no matter how tempting it is (including eating and drinking, especially with microphone on!)
5. Turn off notifications and messaging applications during the session.
6. Check microphone is not on 'mute' and the camera is on.
7. Keep discussions on track and make a time commitment to be present for the whole session.

We appreciate our patient's understanding and support of these.

Additional Assessments

Following the initial consultations, some patients may be required to have additional tests to ensure they are suitable for surgery. This is to help minimise risks during the surgery for patients that may have additional health concerns. This may include meeting our anaesthetist pre-operatively.

Mind Prep™

As part of our program, we encourage patients to participate in the Mind Prep™ program designed to assist in dealing with the emotional aspects related to bariatric surgery. The Mind Prep™ program is available under the Resources part of our website and consists of 5 pre-op and 5 post-op videos, on-line quizzes, handouts and access to live monthly on-line support. This program has been developed to provide direction and offer further structure to your psychological sessions, not to replace them. An outline of how to use this program will be sent to you with your appointments.

Video: The Truth about Obesity and Weight Loss Surgery

It is essential that all prospective patients watch the video/s on the home page of our website prior to coming to see us for the initial consultation appointments. The video/s introduce bariatric surgery and the surgical procedures available. Lastly, we highlight the processes involved in going through the bariatric surgery journey in our practice.

Pre-operative Preparation

You will be required to undertake a Very Low-Calorie Diet (VLCD) for at least three weeks prior to surgery. This diet uses meal replacements available from our clinic or through www.tric.co.nz. This diet is designed to remove fat from around your liver, making your operation easier and safer. You will also be required to take a daily multivitamin whilst on the pre-operative diet.

Surgery Payment and Medical Insurance

You will be required to pay all surgical costs prior to your procedure. If you have medical insurance, you may qualify for a contribution from your insurance company. Please note that even with an insurance contribution you will be required to pay the full amount for surgery yourself. Your insurance rebate will be paid to you *after* surgery. We are happy to write letters supporting claims for medical insurance. Please speak with us at your initial consultation and we will organise this.

Should you require financial assistance, you may wish to contact Nova Medical. They provide credit assistance for medical procedures – www.novamedical.co.nz

** Please note: there is a transaction fee of 2% for credit card payments over \$500*

Important

If you refuse to accept blood and/or blood products, you need to inform us at your initial consultations. There is a very small risk of bleeding during surgery, which can cause death if a transfusion is refused. We have the right to refuse to operate if you are unwilling to accept blood and/or blood products and we feel the risk is too great.

Follow Up Appointments

Your surgical expenses include two years of regular follow up appointments with all members of our team, including the exercise specialist.

The limited psychological support provided in our process may highlight the need for further external psychological assistance. These sessions are outside the scope of our program and would need to be arranged separately and at your own expense.

Please see the follow up appointment structure on the next page for the scheduled appointments you will need to attend over the next 2+ years.

Foundations of Healthy Living Retreats

All patients are given the opportunity to attend one of the FOHL retreats that are held during each year. The retreat is a 4-day program designed to help both men and women learn how to change the way they think, act, react, feel and live. Each day of the retreat is packed with activities designed to help you re-focus on your weight loss goals. With expert guidance from our team of specialists and four days to focus on you, we hope you will leave reignited with some practical skills and tools to help to achieve lifelong successful weight management.

You may attend a retreat at any time within the 2 years of your follow-up (included in package), however from experience we know that patients receive most benefit around the 9 - 12 month post-operative stage. Dates and venues of these are on both our website and the FOHL website (www.fohl.nz), so when you have planned your retreat date, please notify us as soon as possible.

Please note: numbers at each retreat are limited and registrations will be accepted on a first come, first served basis. No deposit required, however if cancellation occurs within 10 days, a \$200 fee will be required to re-book new retreat dates.

The PACE Program

All patients are also given a subscription to the PACE Program, our on-line retreat program, at 6 months post-surgery. The PACE Program, along with the FOHL retreat, is specifically designed to deal with the mindset and long-term behaviour changes that are required to ensure that your investment in bariatric surgery was the best thing you ever did. With this program you will experience the same sessions and learnings from the comfort of your home and at your own PACE. It is complementary to the FOHL program, either as an introduction if you are feeling a little anxious about attending, or as revision once you have participated.

PACE stands for Practising Awareness through self-Compassion and Education.

Over the 30+ lessons in the PACE Program, you will go on a journey of personal discovery that will help you to become aware of your own blocks and triggers, learn to put yourself first and arm you with the knowledge and tools to be confident that you will never go back to the 'you' before surgery.

Post Op Appointment Structure

To assist you in achieving long-term weight loss success following your procedure, you will be required to attend appointments as per the schedule below. On-going support and education are an important part of your weight loss journey – surgery is just the beginning.

4 Weeks	<ul style="list-style-type: none">•Surgeon (via phone)
6 Weeks	<ul style="list-style-type: none">•Nutritionist•Psychologist•Exercise Specialist
3 Months	<ul style="list-style-type: none">•Nurse (via Phone)
4 Months	<ul style="list-style-type: none">•Nutritionist•Psychologist•Exercise Specialist
8 Months	<ul style="list-style-type: none">•Nutritionist•Psychologist•Exercise Specialist
One Year	<ul style="list-style-type: none">•Surgeon•Nutritionist•Psychologist
18 Months	<ul style="list-style-type: none">•Nutritionist•Psychologist
Two Years	<ul style="list-style-type: none">•Surgeon•Nutritionist•Psychologist
Retreat	<ul style="list-style-type: none">•Attendance at any time within the 2 year time frame

Please note: You will be required to have regular blood tests as part of the follow up process (every appointment except 6 weeks). You are also welcome and encouraged to continue to see our team after this two-year period, however fees will apply for these consultations.

Post Operative Support

In addition to the follow up appointments with our team, you will also have access to support groups and newsletters. This will provide you with new resources and ideas on a regular basis, as well as giving you the opportunity to meet with other people that have also had weight loss surgery. Details regarding both of these can be found on our website.

Contact Us

Please feel free to contact us with any queries. Our office hours are Monday to Friday, from 8:00am to 4.30pm.

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Email: reception@tailorclinics.co.nz

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Our Location

