



BARIATRIC SURGERY INFORMATION SHEET

GENERAL INFORMATION

Thank you for showing an interest in bariatric surgery. This surgery is provided through a bariatric team, coordinated through the Ballarat Surgical Clinic. The team comprises our bariatric surgeons (Mr David Deutscher, Mr Kontoku Shimokawa and Mr Ahmed Naqeeb) physicians, dieticians, and our practice nurse.

Following initial appointment with your surgeon, it will be necessary for you to be reviewed by both a dietician and an exercise consultant and a specialist physician prior to consideration of surgery. This approach ensures that you are well informed in regards to the requirements for surgery, the risks involved and the necessity for exercise and dietary restraint in the postoperative period.

Once all members of the team are consulted you will be reviewed again in the rooms here and further discussion in regards to the details of surgery will be undertaken.

It is quite usual that the time frame from when you first consult with your surgeon to the time of surgery can be up to 6 months.

The surgery is only performed at the St John of God Hospital who has supported the bariatric surgery program with equipment and staff, both in theatre and on the ward. The emphasis is on maximizing safety and achieving sustained weight loss. It is currently not available through the private or public system at Ballarat Health Services, Ballarat Base Hospital.

PERIOPERATIVE STAY

It is generally anticipated that two to three days are required in hospital for the laparoscopic gastric banding; and three to four days in hospital for the sleeve gastrectomy. Under most circumstances admission would occur on the day of surgery, but in some circumstances it may be necessary for you to be admitted the night before the operation.

The surgery is conducted with two surgeons present and is performed with specialised nursing staff who have undertaken special training in the surgical techniques.

POSTOPERATIVE CARE (LAPAROSCOPIC GASTRIC BAND SURGERY)

Discharge from hospital occurs on either the second or third post-operative day unless rare complications occur. Dietician review is usually organised during the hospital period and it will be necessary for you to remain on a liquid diet for four weeks after the surgery.

Review is generally organised in the rooms during this time. However, adjustments to the band are not performed until approximately six weeks after the surgery.

It is then necessary to make several adjustments to the band which will vary over time. This is generally done through the rooms and can be done at the time of consultation.

OUTCOME

We anticipate that weight loss will occur gradually with bariatric surgery and would expect that it may take up to two years for satisfactory results to be achieved. This is part of the planned weight loss programme and allows for long term maintenance of weight loss. It is however important to emphasise that not everybody loses weight and that complications may occur and these will be discussed with you prior to any surgical intervention.

COSTS

There are significant costs involved in bariatric surgery. With the **laparoscopic gastric band surgery**, if you have full private insurance the out-of-pocket expense is generally in the region of \$4,000.00, which covers out-of-pocket expenses for both surgical, anaesthetic and specialist staff. This money is paid prior to the surgery.

Further out-of-pocket expenses will occur if your health fund does not cover St John of God Hospital In-Patient stay. Of particular importance is coverage of the band itself, which costs approximately \$4000.00.

If you only have basic or no hospital insurance then the approximate total cost will come to \$16,000.00.

Adjustments to the band are not included in the up-front costs for the surgery, and must be paid at the time of adjustment/consultation (part of this charge is then claimable from Medicare).

Nevertheless, an accurate quote will be given depending on your level of insurance prior to any consideration of proceeding with surgery once your surgeon has reviewed you.

Would you please note that if you are considering having the **sleeve gastrectomy surgery**, this surgery has significant costs, with a quote provided to you after you have seen your surgeon for the first time.