

Bariatric surgery patient journey



Research

Congratulations!

You have taken the first and most important step by learning more about the weight loss options available to you.

For more information visit our website:
<http://www.buderimprivatehospital.com.au/our-services/bariatric-surgery>



Funding options

Private health insurance may cover bariatric surgery, so be sure to check with your health fund.

Uninsured patients may be able to self-insure the surgery by accessing their superannuation.

Please discuss these options with your GP or surgeon.



Pick your specialist

Choosing the right surgeon is as important as choosing the right procedure. In consultation with your GP, select your specialist and book an appointment.

The day has arrived to discuss your health and lifestyle goals, learn more about the surgical options and which one is best for you.

You will find out what to expect and discuss any questions you may have.

Don't forget to bring along a detailed overview of your medical history and a list of any medications you are currently taking.



Pre-operation

Your real journey starts here!

- + Pre-op diet begins
- + Preparing mentally and physically for surgery
- + Prepare for your hospital stay. You may be contacted for a Pre-admission Clinic appointment – this is an opportunity for

a nurse to perform a health assessment and provide more information about your upcoming surgery

Your specialist will continue to manage your expectations of the procedure, to ensure that you are correctly following the pre-op diet and answer any further questions.



Day of surgery

The day has arrived for you to take the next step on your weight loss journey.

You'll arrive at the hospital on your surgery day at a time assigned by your specialist.

You will have received information on what to bring with you to hospital.

Surgery will be performed by your chosen bariatric surgeon and a 2-3 day hospital stay will follow.



Post-operative care in hospital

At Buderim Private Hospital you will be cared for by nursing staff trained to support bariatric surgery patients.

You will also be visited by your surgeon during your stay and a hospital physiotherapist.

Your post-operative diet will commence. When ready, you will be discharged with all the information you need to continue your weight loss journey.



Ongoing care

You will continue to be monitored by your bariatric surgeon regularly for the first 12 months after surgery, and in the years following.

We recommend regular consultations with a dietitian to help deliver better long-term results.



Your new life

Your dietary and lifestyle changes become a part of your everyday life as you continue on your weight loss journey.

Your specialist and their team are always there for you, so don't hesitate to contact them at any time.

Well done!