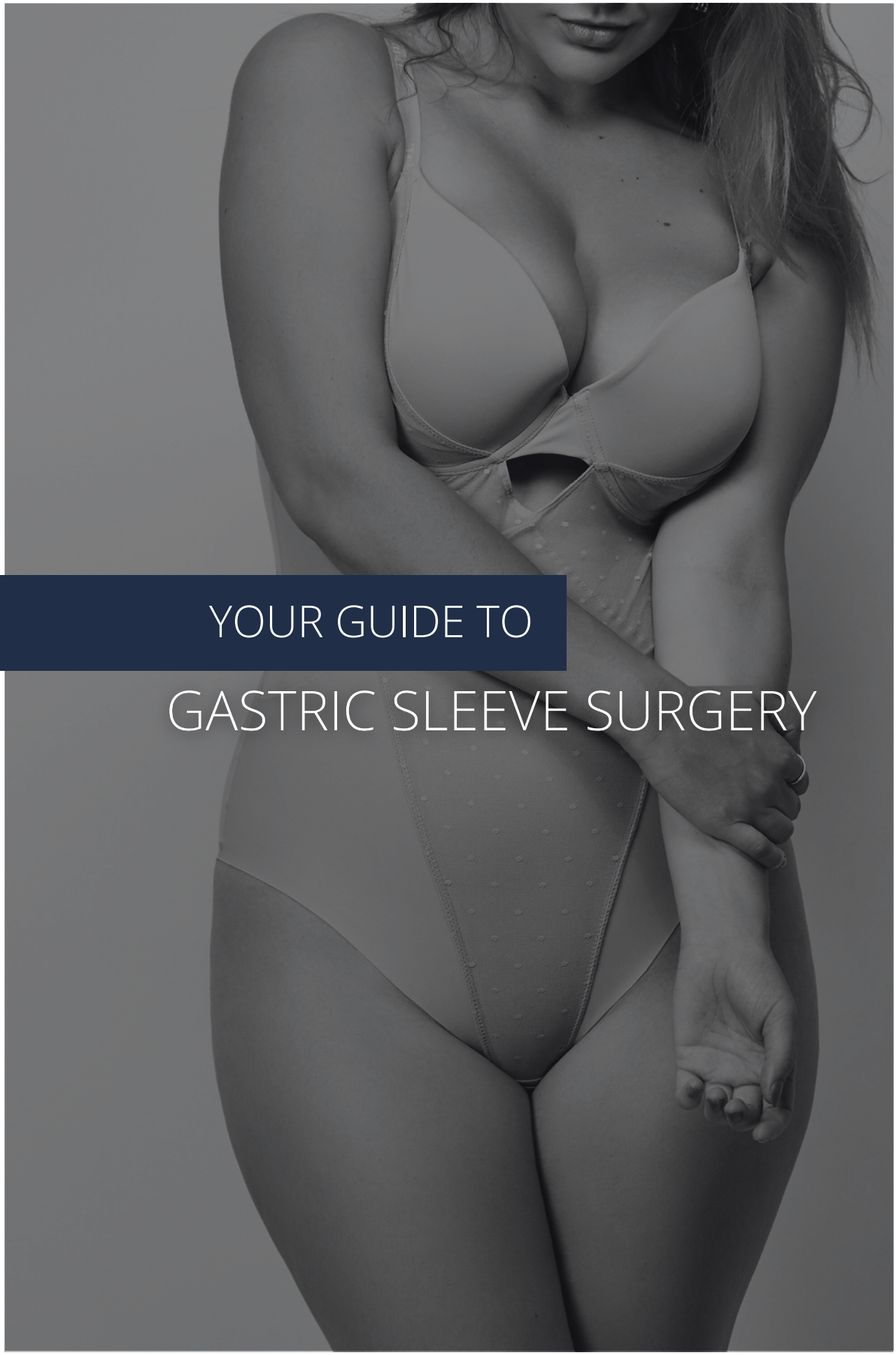

YOUR GUIDE TO
GASTRIC SLEEVE SURGERY

CosMediTour

WELCOME

Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

> Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

CosMediTour Client Care

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

Weight Loss Surgery, also known as Gastric Sleeve Surgery or Gastrectomy, is a transformative procedure designed to assist individuals in their weight loss journey by reducing the size of the stomach. This minimally invasive surgery involves the removal of a portion of the stomach, creating a smaller "sleeve-like" shape.

Weight Loss Surgery can:

- ☑ Significantly reduce stomach capacity
- ☑ Aid in weight loss by restricting food intake
- ☑ Help alleviate obesity-related health conditions such as type 2 diabetes, hypertension, and sleep apnea

The primary goal of weight Loss Surgery is to provide individuals with a tool to achieve long-term weight loss and improve their health and well-being.

While the procedure is primarily aimed at addressing obesity, it can also serve as a catalyst for positive lifestyle changes and improved overall quality of life.

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 1 - 2 hours

Weight Loss Surgery takes between 1 to 2 hours. During this time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 12 weeks for post-surgery recovery.

HOSPITAL STAY | 4 nights

The time spent in hospital includes 1 x night pre-surgery and 3 x nights post-surgery.

REST TIME | 2 weeks

- ☑ First 2 days: Liquid diet.
- ☑ Following 1-2 weeks: Progress to a soft diet.
- ☑ Continue to use CPAP machine if Sleep Apnea is present.
- ☑ Focus on rest and gradual reintegration into daily activities.

RECOVERY TIME | 12 Weeks

- ☑ Weeks 2-12: Gradual return to a normal but smaller volume diet.
- ☑ Begin regular exercise routine after 1 month.
- ☑ Second follow-up appointment at 1-2 months post-surgery via Telehealth.
- ☑ Monitor for any signs of complications such as leakage or bleeding.
- ☑ Adhere strictly to the prescribed post-surgery diet.

SETTLING PERIOD | 12 Months

- ☑ Full 12 months to see the final results of weight loss.
- ☑ Continue regular follow-up appointments.
- ☑ Periodic consultations with nutritionists for dietary advice.
- ☑ Maintain a healthy lifestyle, focusing on diet and exercise.
- ☑ Long-term commitment to lifestyle changes for weight management.

There are a range of considerations to keep in mind when preparing for Weight Loss Surgery. Your body is unique, so it's only right that your procedure is too.

PLANNING YOUR PROCEDURE

Gastric Sleeve Surgery is a keyhole procedure designed to aid significant weight loss and improve overall health. This transformative surgery involves the removal of approximately 85% of the stomach, leaving a strategically shaped sleeved section.

PRE-SCREENING AND ELIGIBILITY

To ensure safety and optimal results, candidates should have a BMI between 35-50. General medical clearance from a General Practitioner is mandatory. Your Surgeon will evaluate each case individually, and special considerations are made for those with a BMI over 50.

PREPARING FOR SURGERY

A key aspect of preparing for Gastric Sleeve Surgery is dietary adjustment. Clients are advised to reduce calorie intake to 800 calories per day for 1-2 weeks before surgery. Those with sleep apnea must wear a CPAP machine for 1 month before surgery and bring it to Thailand.

POST-SURGERY CARE

The initial phase post-surgery involves a liquid diet for the first 2 days, progressing to a soft diet for 1-2 weeks. After 2 weeks, clients can return to a normal diet but with significantly smaller portions. Follow-up appointments are scheduled at 1 month and 2 months post-surgery via Telehealth.

> Our experienced Surgeons will ensure that together, you choose the right treatment plan to meet your surgical goals.

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your Weight Loss Surgery, there are potential risks to consider with all forms of surgery. Our expert Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

BEFORE YOU GO UNDER

It's important that you disclose your medical history, and any medications you may be taking before your procedure.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, allergic reactions to medical materials)
- Haematoma (collection of blood)
- Visible scarring (standard or Keloid - lumpy, inflamed, and itchy)
- Blood clots
- Anesthesia risks
- Gallstones
- Stomach Expansion
- Acid Reflux/ Gastroesophageal reflux disease
- Leakage from the Cut Edge of the Stomach
- Gastrointestinal Obstruction=
- Hernias can develop post-surgery.
- Malnutrition
- Vomiting
- Low Blood Sugar (Hypoglycemia

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

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TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.