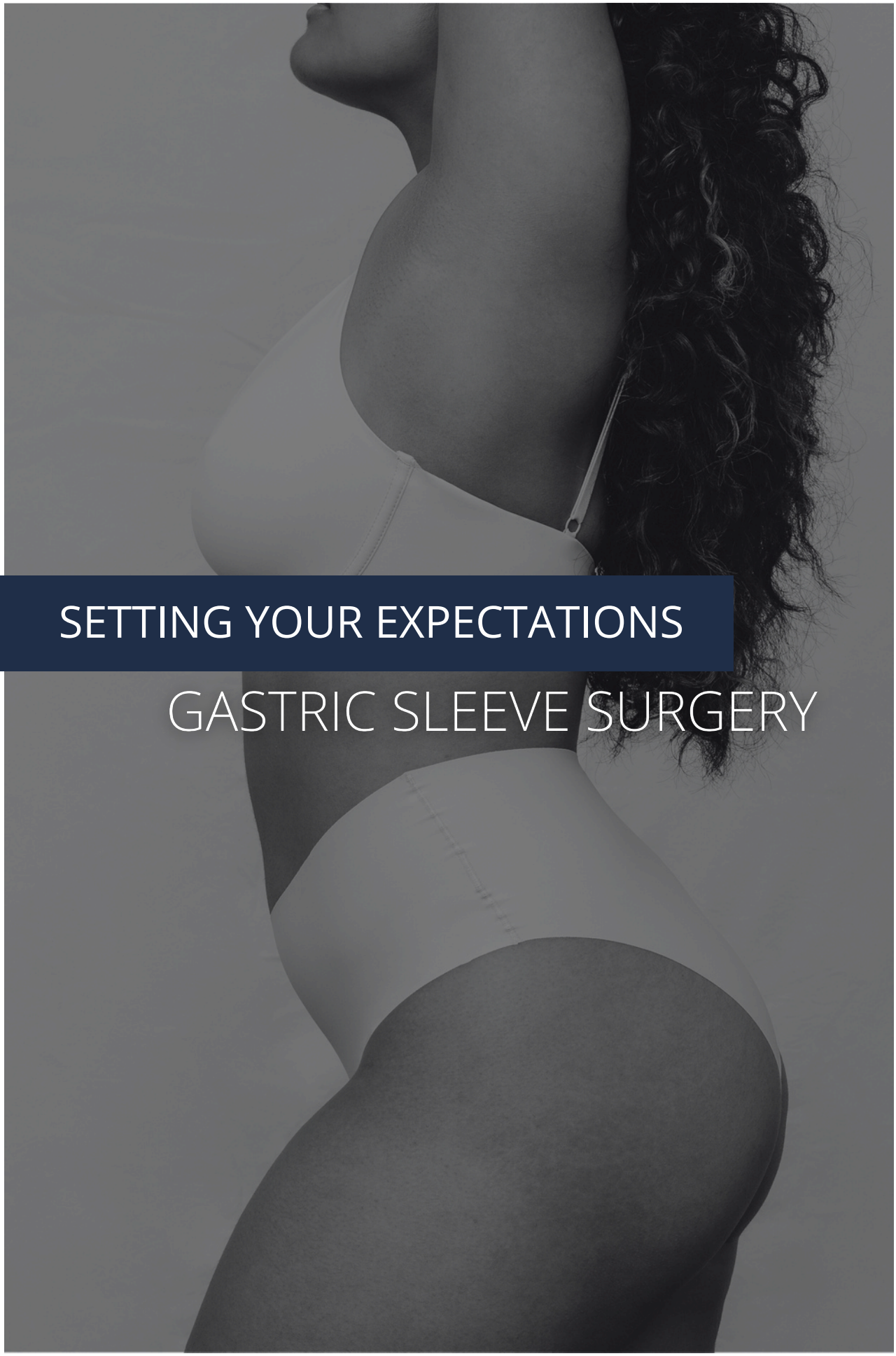

SETTING YOUR EXPECTATIONS

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.

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We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

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

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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

ABOUT 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.

DIETARY GUIDANCE

PRE-SURGERY PREPARATION

In the 1-2 weeks leading up to the surgery, the recommendation is to:

- ☑ Eat healthily
- ☑ Reduce calorie intake to around **800 calories per day**

POST-SURGERY DIETARY PROGRESSION

First Week: Liquid Diet

The initial phase post-surgery involves a liquid diet. This helps the stomach adjust to the changes and promotes healing. Patients are advised to consume easily digestible liquids during this period.

Following Weeks: BRAT Diet

Moving forward, the diet transitions to the BRAT diet, incorporating Bananas, Rice, Applesauce, and Toast. These easily digestible foods are gentle on the stomach, aiding in the recovery process.

1-2 Months Post-Surgery: Return to Normal Diet

After the initial weeks, patients gradually return to a normal diet. However, the emphasis is on adopting a healthy eating pattern. While the volume of food may be smaller, the nutritional value is crucial for sustained well-being.

PERSONALISED POST-SURGERY PLAN

Your surgeon will play a pivotal role in tailoring a personalised post-surgery plan. This plan encompasses dietary guidelines, recommended vitamins, and an exercise regimen. The aim is to support the body's recovery, enhance overall health, and maximise the benefits of the surgery.

There are limitations with any surgical procedure, including Gastric Sleeve Surgery. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your procedure.

BE REALISTIC ABOUT YOUR RESULTS

SETTING YOUR EXPECTATIONS

Embracing realism is a crucial aspect of your Gastric Sleeve Surgery journey. It's essential to understand that this transformative procedure is a powerful tool for weight loss, but it's not a magical solution that guarantees perfection.

Your results will be influenced by various factors, including your commitment to:

- ☑ Post-operative care
- ☑ Lifestyle changes
- ☑ Individual body responses

WHAT GASTRIC SLEEVE SURGERY CAN ACHIEVE

- ☑ Significant weight loss that contributes to overall health improvement.
- ☑ Positive changes in markers like diabetes, high blood pressure, and sleep apnea.
- ☑ Enhanced quality of life with transformative effects on mobility, self-esteem, and well-being.

LIMITATIONS OF GASTRIC SLEEVE SURGERY

- ☑ Highly effective but not a cure-all; requires a commitment to lifestyle changes.
- ☑ Results vary based on factors like adherence to guidelines and metabolism.
- ☑ Excess skin may result, and separate procedures may be considered.
- ☑ Your stomach can stretch post-surgery, so must follow your post-operative instructions and care closely.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

To minimise the risk of disappointment, be sure to ONLY research results for:

- ☑ Those with a similar body type as you
- ☑ Those who have had the same procedure.

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your procedure than you were expecting. This could be due to your unique anatomy, body composition, or any specific considerations related to the procedure

We understand that in some cases, this may be disappointing. However, please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior and long lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

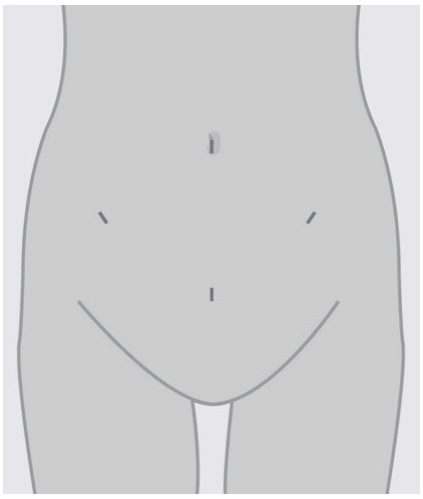
> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

EXPECT SOME SCARRING

Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SURGICAL INCISIONS

At CosMediTour, our Surgeon utilises the Laparoscopic Technique for precision. This involves 4-5 small incisions, each 1-2 cm long, strategically placed to minimise scarring. These keyhole incisions promote a quicker recovery and less post-operative discomfort.



LAPAROSCOPIC INCISIONS

PATIENCE IS KEY

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure. Everyone's scar management journeys are different and we encourage you to be prepared for this.

Some individuals have minimal scarring with minimal effort after surgery. While others will have more visible post-surgery scarring. Some clients also opt to invest in advanced scarring treatments (e.g. Laser Treatment) to improve their outcome.

Initially, scars may appear red, raised, or slightly discoloured. With time and proper wound care, your scars are likely to fade in the months following your procedure.

Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 12 weeks for post-surgery recovery. During this time, it's important to closely follow the tailored advice provided by your Surgeon. CLICK HERE for more information on Gastric Sleeve 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.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

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.