



FOREWORD

This booklet is to provide a brief introduction to achieving and maintaining significant weight reduction by bariatric (weight loss or obesity) surgery. Should you decide to undertake surgery you will be made fully aware of all aspects of the operation in consultation with our surgeons, psychologists, dietitians, exercise consultants and the administrative staff at our centres.

Our centres aim to provide patients with lifelong support. We emphasise that weight loss surgery is the beginning of a process of establishing and maintaining a healthy body weight for life. The operation is really the first step in your treatment, which will continue for the rest of your life. It will take a little while to adapt to the changes in your body, but the rewards of improved health, looking well, feeling better about yourself, and being able to participate more in all aspects of life, are well worth the effort. We conduct regular workshops for our patients to advise and support them on this journey.

We strongly encourage anyone considering weight loss surgery to attend one of our regular information sessions. We feel it is essential for you to have a clear and comprehensive understanding of the preparation for operation, the operation itself and how it works, and life after weight loss surgery.

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