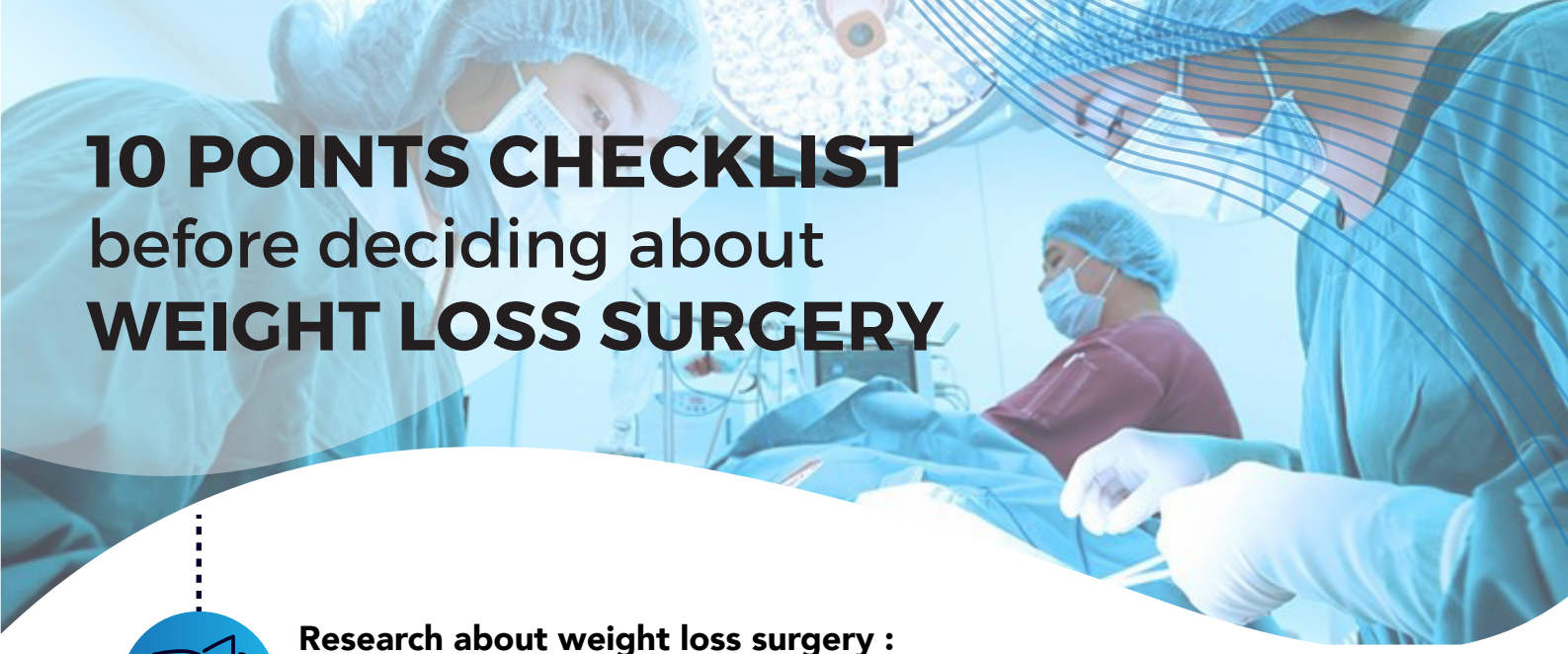
10

POINTS CHECKLIST

before deciding about

WEIGHT LOSS SURGERY



10 POINTS CHECKLIST
before deciding about
WEIGHT LOSS SURGERY

Research about weight loss surgery :

- Read books, view websites, forums and attend support groups and check reviews.
- Learn more about the various procedures offered, their individual risks and lifestyle changes

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Research your health insurance policy :

- Not all insurance plans cover weight loss surgery.
- Ensure that you have full cover to avoid later disappointment

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Locate a surgeon that you feel comfortable with :

- Enquire about the practice processes and surgeon experience (including Google Reviews)
- Enquire about out of pocket payment and the value you are getting for your money
- Find out about after surgery support program and the duration of support

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Quit smoking :

- Smoking and surgery do not get along well.
- Quitting smoking at least 3 months prior to surgery can dramatically decrease the risk of complications from surgery.

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Make changes in your diet :

- Every kilo of weight that you lose prior to surgery helps in your recovery after surgery
- Focus on eating small frequent meals just as you will need to do after surgery
- Increase intake of fresh fruits and vegetables, while reducing or eliminating sugars and high fat foods

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Drink more water :

- Follow your body's thirst signals
- Adults need 1.5 L of water every day
- Limit or eliminate liquid calories like alcohol, soda, juice, energy drinks
- Do not mix solids with liquids

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Keep a health journal :

- This will be a great tool for tracking your food and water intake
- Apps like Baritastic and My Fitness Pal are awesome tracking tools

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Begin an exercise routine :

- Start small and create a consistent physical activity plan
- Find and focus on consistency rather than intensity

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Change your relationship with food :

- Practice Eating mindfully- avoid eating while looking at screens or watching TV
- Practice connecting with your food, chewing slowly and savouring your food
- Pay attention to how your body reacts to the food you eat
- Work on eliminating boredom eating and using comfort foods (chocolates, sweets)

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Find sources that can inspire you to focus on your goal :

- Listen to inspirational audio, music , podcasts and videos
- Take 100% responsibility for bringing about change
- Find an accountability partner- a friend, dietician or another person who may have had surgery and can inspire you to stay on track

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When You Feel Like Quitting ...

Ask Why You Started In The First Place.

Melbourne Gastro Surgery

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