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## **Starting the Process.....**

If you are considering having surgery to manage your weight you will need to:

- 1) Read our information booklets about surgery for weight control. If possible ask a friend or family member to read the information as well.
- 2) Call our office to book your 2 consultations if you wish to discuss your options. You will need a referral from your GP in order to obtain Medicare Benefits.
- 3) Contact your health fund to determine your level of cover.

At your first appointment you can expect to cover a lot of information so it is very useful to have a support person with you. We would wish to cover:

- 1) Types of surgery available to you.
- 2) Risks and benefits of surgery.
- 3) Likely outcome with regards to long term weight loss and resolution of any medical problems (diabetes, cholesterol, hypertension, sleep apnoea).
- 4) Costs.

Anyone wishing to proceed to surgery will then be given further information about the operation they are considering. The second consultation will be required before booking in for an operation in order to go over all the important issues.

You will also need to see or speak to our Dietitian (Tania Chaanine) before and after surgery. Repeat consultation is useful after weight loss has been obtained. There are two ways of reducing the costs of these consultations:

- 1) Contact your health fund to determine if they will cover the cost, and how much they pay or;
- 2) Obtain a Care Plan from your GP.

It is important that you do these things before seeing Tania otherwise you will probably not get a rebate on the consultation.

If you have any other questions please do not hesitate to either contact us by

Phone [02 9113 1494](tel:0291131494), email [info@uppergisurgery.com.au](mailto:info@uppergisurgery.com.au) or

via the web [www.uppergisurgery.com.au](http://www.uppergisurgery.com.au)