

## Patient Orientation & Process

### Step One: Getting Started

Fill out Health History Form.

Submit form.

Assessment by doctor may warrant additional lab work or medical records prior to approval.

### Step Two: Approval

The patient coordinator will provide you with available dates and surgeons to choose from.

### Step Three: Surgery Dates Scheduled

Please check your in box for an "upcoming" email. This is very important and contains information about: booking flights, pre-op diet, post-op diet, and medications.

Before you can move any further in the process the consent form must be completed and submitted.

In addition you will need to make a deposit of \$750 that must be received within 3 days of your date being scheduled. Payments submitted in any form other than credit card require a copy be faxed to: 1 855 Dr Lopez.

### Step Four: Prepare for Surgery

It is very important that your passport is current and ready for use.

Stock up for pre-op & post-op diets. You must follow your pre-op diet exactly as it was recommended. It is also imperative to complete the clear liquid diet 3 days prior to surgery.

Notify your patient coordinator of any changes in medications, health, or travel plans.

You will want to pack lightly: a loose night shirt, roll of medical tape, gauze, and any regular medications. Place laptop note pad, or electronic devices in travel cases labeled clearly with your name.

### Step Five: Arrive at the Airport

Your driver will have contacted you one day prior to your arrival & notified you of your pick up time. At this specified time your driver will drive you to your hotel.

A patient coordinator will meet you & make sure your check in goes smoothly. Remember a credit card will be required at check in for any incidentals.

A quick reference sheet will be given to you. This will include any relevant phone numbers and can be used as a way to answer any of your questions.

Your patient coordinators will advise you of your surgery pick up time for shuttle to the hospital.

### Step Six: Hospital Stay

You will be assisted by the patient coordinator with your hospital check in.

At this time lab work will be done, you will receive your hospital gown & pre-surgery consults will be completed. Please have your questions ready to ask at this time.

Be aware that procedure times do vary based on type of surgery. For your convince phones are located within the hospital to call family members.

### Step Seven: Surgery

**Walking** is the best way to heal. Make sure your are up and walking after surgery! **WALK WALK WALK!!!**

A scan of your stomach is required to check for leaks. You will be taken for this test the following date after your surgery. It is necessary to drink a small cup of contrast media for this test.

To insure proper healing the doctors will check on you regularly. Typically your drain will be removed at discharge; however, in some cases it can take a day or two longer.

For your convenience a bag has been put together containing: antibiotics, OTC pain medication, CD of your leak test & contact information. You will receive this at discharge. Then ride the shuttle back to the hotel.

### Step Eight: Recovery time at Hotel

This is your time for rest and relaxation for two full days. Patient coordinators will contact you about your times for pick up for your departure.

In preparation for your departure print your boarding passes & check your room thoroughly for any personal belongings. Then check out.

It is very important to allow yourself ample time for travel to the airport. (cross the border in case of Tijuana).

### Step Nine: Fly or Drive Home

It is very important that during your return trip home you keep your feet moving, never lift any heavy bags, and maintain proper hydration with juice and water but **NO** coffee or tea.

### Step Ten: Home Recovery

It is imperative to follow your post-op diet very carefully once at home.

Post-op Diet:  
Week 1 clear liquid.  
Week 2 add vitamins to your liquids. Week 3 add pureed foods. Week 4 add soft solids.

Some things to remember and be aware of: Keep hydrated by sipping fluids all day long. When introducing solids back into your diet GO SLOW & talk to your doctor regularly about vitamin use. Diabetics: it possible to need an adjustment in your insulin, check with your doctor.

For questions about your post-op diet you can direct them to Marie the Specialized Bariatric Dietitian/Nutritionist. We also strongly recommend scheduling a follow up appointment with your primary care physician within 10 days of returning home.