**Your Journey**

Chances are that if you are looking at this page, you have been thinking about bariatric surgery. Do these statements sound familiar?

*I feel like I am not getting the most out of life.*

*I try so hard and nothing happens.*

*I want to live a long life and be there for my kids but I am scared I won’t be able to do that because of my weight.*

Bariatric surgery is a very real option for those who meet the criteria (hyperlink). Deciding to have bariatric surgery is brave. It is not the easy way out, despite what others may think and say. Preparing for, undergoing and recovering from bariatric surgery is a lifelong commitment. You have to put the work in to get the results. We are confident that your results will make it all worth it.

The first thing you will need to do is meet with your GP to determine if you are a candidate. If you are, you can ask them to refer you to Sydney Bariatric Clinic.

You’ll then have an initial consultation with Dr Ryan or Dr Jameson to discuss what surgery option is best for you.

You will attend some appointments before your surgery with other members of SBC’s multidisciplinary team.

You will attend the pre-anesthesia clinic 2 - 4 weeks before your surgery with Dr John Leydon. Find out more here (hyperlink to before surgery).

You will start a liquid diet two weeks before your surgery. It is normal for patients to find this part particularly difficult. The team at SBC will give you some strategies to help you cope during this diet change.

After two weeks of liquid dieting, your surgery day will arrive. Lots of patients feel different things on the day of their surgery. You might feel nervous, you might feel excited, you might feel lots of things!

You’ll be admitted into hospital and members of the SBC team will make sure you are prepared for your surgery. You will be put under general anaesthetic by Dr John Leydon and your surgeon will perform the procedure.

You will wake up in the recovery room and your surgery will be complete. Expect to feel very drowsy, sore and tender.

You will stay in hospital for a few days and your liquid intake will be limited. After being discharged, you will return home (make sure you have someone to drive you home) to continue your recovery (hyperlink to after surgery page).

Two weeks after your surgery you will have a review with your surgeon and your dietician. You should be driving by this point and will probably be able to undertake light activities like cooking.

In the months after this, you will work with our multidisciplinary team of dieticians, physiotherapists, exercise physiologists and psychologists. It will not be an easy journey but the results will be worth it.

12 month follow up?

What happens after that?

If you would like to talk to other people who have bariatric surgery at SBC, contact us and we would be very happy to put you in touch with them. Our friendly team is here to answer any questions you may have. We look forward to working with you to achieve your weight loss goals.