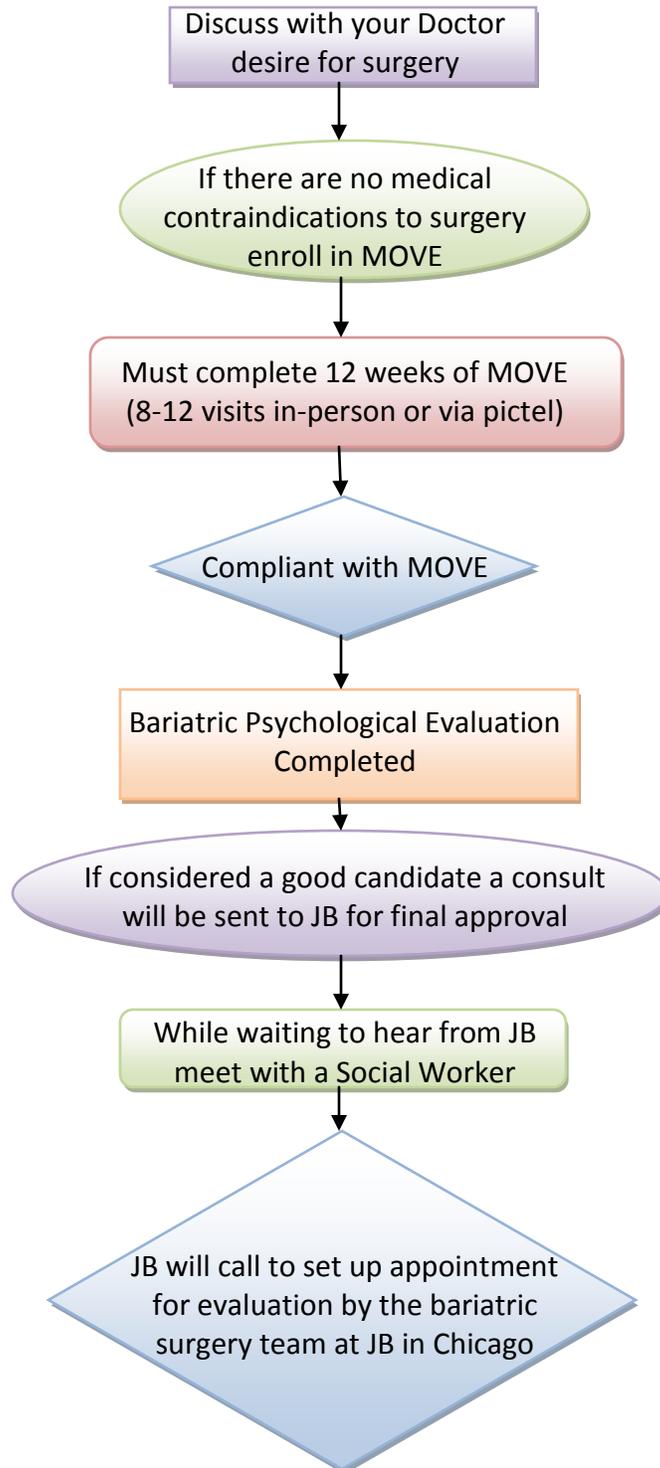


## Pre-OP Process for Bariatric Surgery



### **Patient Requirements**

- BMI >40 but <60
- BMI >35-39 with an obesity related co-morbidity (DMII, HTN, CAD, etc..)
- Failed medical treatment
- Age 20-65
- Acceptable surgical risk
- Free of substance abuse

### **Ideal Surgical Candidate**

- Well informed
- Motivated
- Have Realistic Expectations
- Willing to participate in long-term follow up

### **Non-Surgical Candidate**

- Age >65
- Current tobacco users (smokers and smokeless tobacco) need to abstain for 3 months prior to surgery
- Oxygen Dependent COPD
- Patients with Active Hepatitis B or cirrhosis
- Patient with significant heart failure or pulmonary HTN
- Patients having multiple abdominal operations, complicated incisional hernias, or infection resulting in an intra abdominal infection
- Patients with major psychoses or issues with non-compliance with medications and treatment plans
- Patients who were active substance abusers within a period of 1 year prior to referral

### **What does compliance mean?**

- Accepting personal responsibility for lifestyle changes and maintaining those changes
- How will this be measured?
  - Attending all sessions and completing all assignments
  - Demonstration of reasonable weight loss of .5-1 pound per week
  - Maintenance of weight loss and avoidance of weight re-gain while preparing for surgery
  - For those who have inability to lose weight, the bariatric team will consider candidates who maintain their weight by maintaining healthy lifestyle habits