



THE SLEEVE
CLINIC

YOUR GUIDE TO
GASTRIC SLEEVE
SURGERY
AT THE SLEEVE CLINIC



A LETTER FROM DR. GMORA

Hello,

I wanted to take a moment to thank you for reaching out. I know how challenging it can be to take that first step.

Deciding to have surgery can be filled with all sorts of feelings -- excitement, uncertainty, maybe even doubt. I've been there. Not just as a surgeon, but as someone who's been sleeved and walked the very path you're considering. I know all about the ups and downs that come with it.



You're likely at a point where the usual solutions don't cut it anymore, and the thought of surgery and its impact on your life is sparking some real hope and maybe - a bit of hesitation, too. It's normal to feel a blend of emotions like this. I can tell you from both my personal experience and from watching the journeys of thousands of patients, that while the road might seem a bit scary at first, but the outcome is truly life-changing.

Whether you're ready to schedule your surgery, just starting to explore your options, or feeling hesitant about your consultation, know this: You're not stepping into this alone. My team and I have had every conversation imaginable about excitements and fears. We've guided thousands through these same decisions, challenges, and celebrated the transformations with our patients. We're here to listen, guide, and to help you make the best decision for your health and well-being, without any pressure.

Following your initial consultation, there's a community waiting to support you. Our private Facebook group is a unique space where our patients share their journeys, challenges, and victories. It's real, unfiltered, and available to you once you speak with a Sleeve Clinic Program Advisor.

Thank you for considering this journey with us. We look forward to meeting you, sharing insights, and to supporting your journey. This booklet is just the beginning; You've already taken a brave first step. Let's walk the rest together.

Your transformation is not just a goal—it's our commitment. And I am honoured to be a part of it.

Warmest regards,
Dr. Scott Gmora

THE SLEEVE CLINIC STORY: A LABOUR OF LOVE



At the Sleeve Clinic, we've reinvented how weight loss surgery is delivered. As a weight loss surgeon who has personally undergone a sleeve gastrectomy, Dr. Gmora created this clinic as a labour of love - to provide the kind of exceptional care he would want for himself as a patient.

We offer a truly **boutique bariatric experience** that is unparalleled. Here, you'll never feel like just another anonymous patient. Our expert team of surgeons, including Dr. Gmora and Dr. Vanessa Boudreau, along with our skilled nurses and dietitians, will be by your side every step of the way, from your initial consultation through your post-surgery follow-ups, providing the personalized one-on-one attention and support you need to succeed.

We take your success extremely personally. It's not just a job for us - it's our mission and our commitment. That's why we've developed a cutting-edge 5-Year Aftercare Program, designed to help you maintain your weight loss for the long term and achieve the life-changing transformation you've dreamed of. No other clinic provides this level of comprehensive support.

We know that considering weight loss surgery can feel both exciting and daunting. But with the Sleeve Clinic, you'll never have to navigate this journey alone. Our caring team, led by Dr. Gmora and Dr. Boudreau, will be there to listen, guide, and support you with the highest level of surgical expertise and compassionate care.

FULLY EQUIPPED MEDICAL FACILITY

Your gastric sleeve surgery experience is elevated by our commitment to exceptional care. In a private, state-of-the-art surgical facility in Toronto, Ontario, we uphold the highest standards of safety and luxury. Accredited by the College of Physicians and Surgeons of Ontario, the 10,000 sq ft space boasts cutting-edge technology and equipment. Guided by a team of board-certified anesthesiologists and specialized recovery room nurses, we prioritize your safety and satisfaction at every turn, ensuring your journey with us is nothing short of extraordinary.



MEET OUR SURGEONS



DR. SCOTT GMORA MD, FRCSC, FACS
BARIATRIC SURGEON

Meet Dr. Scott Gmora, founder of The Sleeve Clinic and one of the leading weight loss surgeons in Canada. Dr. Gmora has gained a reputation for being a surgical perfectionist and producing outstanding weight loss results.

- ✓ Associate Professor of Surgery, McMaster University
- ✓ As well as being the lead surgeon at The Sleeve Clinic, he also operates full-time in the public system at the lead Bariatric Centre of Excellence in Ontario – St. Joseph’s Healthcare Hospital Hamilton
- ✓ Has performed thousands of advanced bariatric procedures
- ✓ Impeccable safety track record
- ✓ Advanced surgical experience stemming from additional fellowships in trauma and critical care surgery
- ✓ Having undergone sleeve surgery himself, he knows the journey from both sides of the operating table
- ✓ MOST IMPORTANTLY, he listens first, talks second



DR. VANESSA BOUDREAU MD, MSc, FRCSC
BARIATRIC SURGEON

Meet Dr. Vanessa Boudreau, who has been working alongside Dr. Gmora for years and is a lead surgeon at The Sleeve Clinic.

She is renowned for her meticulous work and exceptional bedside manner, which closely mirrors the philosophy of Dr. Gmora. She is a distinguished bariatric surgeon with extensive experience in the field:

- ✓ Associate Professor of Surgery, McMaster University
- ✓ Bariatric & metabolic surgeon at St. Joseph’s Healthcare Hamilton
- ✓ Co-director of the Surgical Bariatric Clinic at St. Joseph’s Healthcare Hamilton
- ✓ Active member of numerous committees & provincial organizations, including the Ontario Bariatric Network and the Canadian Association of Bariatric Physicians and Surgeons
- ✓ Ongoing research in the field of metabolic surgery, with focuses including bariatric ERAS (Early Recovery After Surgery), diabetes remission and surgical weight loss effects on fertility and pregnancy outcomes

5-YEAR AFTER-CARE PROGRAM

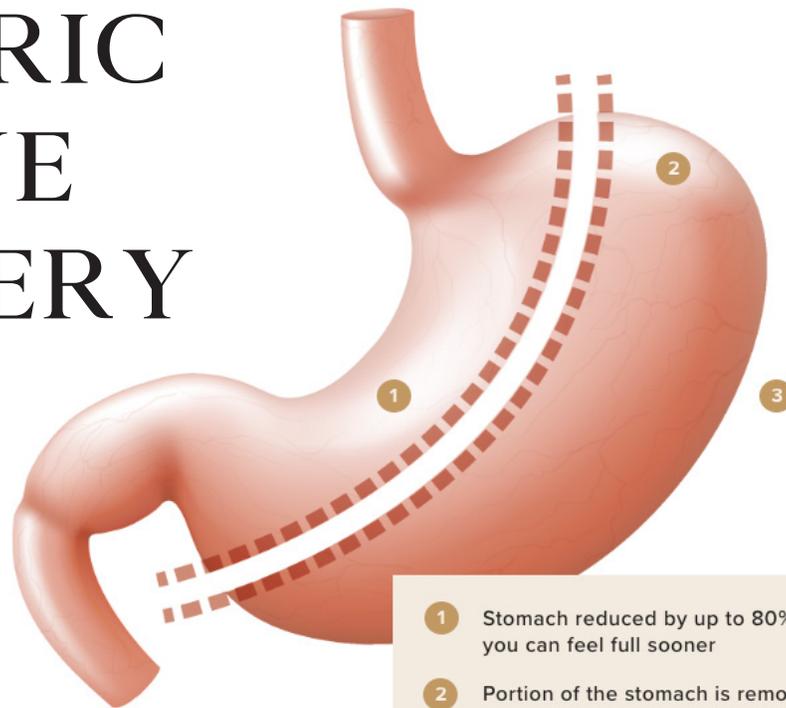
(INCLUDED IN COST)

Our cutting-edge aftercare program brings together everything you need for long-term weight loss success. We offer an outstanding support system to keep you on track for the rest of your life. While a perfectly constructed sleeve is essential, the real key that everyone overlooks is accountability and support. It's like food rehab, and we take it very seriously. We're here with you every step of the way, ensuring you achieve and maintain a healthier, happier future.

WHAT DOES OUR 5-YEAR PROGRAM INCLUDE?



GASTRIC SLEEVE SURGERY



- 1 Stomach reduced by up to 80% so you can feel full sooner
- 2 Portion of the stomach is removed
- 3 The stomach produces less hunger-causing hormones decreasing your cravings and "food noise"

SURGERY LENGTH:

1 hour (30 minutes of actual surgery once patient is asleep)

ALTERNATIVE NAMES:

Sleeve gastrectomy
Vertical sleeve gastrectomy (VSG)

INVASIVENESS:

The Gastric Sleeve is a minimally invasive bariatric surgical procedure. The surgery is performed laparoscopically and typically involves 5 tiny incisions.

SURGERY OVERVIEW:

Gastric sleeve surgery is a bariatric procedure that involves removing a portion of your stomach - typically up to 80%. The remaining part of your stomach is about the size of a small banana.

RECOVERY:

8-12 Hours in surgical centre
1-2 Weeks average recovery

ANESTHESIA:

General anesthesia: this is a combination of medications used to ensure that you are completely asleep throughout the procedure.

BENEFITS OF GASTRIC SLEEVE SURGERY

LOSE ABOUT
50-70% OF
YOUR EXCESS-
BODY WEIGHT
WITHIN 12-18
MONTHS

HOW YOU LOSE WEIGHT:

YOU EAT A SMALLER AMOUNT OF FOOD



Gastric sleeve surgery reduces the size of your stomach by about 70%-80%. Following the surgery, you will feel full after eating only a small amount of food and you'll keep the feeling of fullness for longer than you did before the surgery. Smaller portion sizes mean you'll consume fewer calories of food.

IT REDUCES YOUR APPETITE & CRAVINGS



In addition to reducing stomach size, the portion of the stomach removed in a gastric sleeve is responsible for producing ghrelin; the hormone that sends hunger signals to the brain and stimulates your appetite. Lower ghrelin production means fewer hunger signals and a reduction in your desire to eat, which also reduces your overall calorie intake.

HEALTH IMPROVEMENTS:

Weight loss surgery offers comprehensive health improvements beyond just shedding excess pounds. A gastric sleeve often completely resolves or significantly improves virtually every obesity-related disease such as:

- ✓ High blood pressure
- ✓ Type 2 diabetes
- ✓ High cholesterol
- ✓ Sleep apnea
- ✓ Coronary artery disease
- ✓ Polycystic ovarian syndrome (PCOS)
- ✓ Osteoarthritis

Weight loss surgery has also been proven to increase lifespan by 5-9 years and to dramatically lower the risk of many cancers (ex. breast, colorectal, ovarian, pancreatic, prostate, kidney and liver)

IS GASTRIC SLEEVE SURGERY RIGHT FOR YOU?

WHO IS A GOOD CANDIDATE FOR GASTRIC SLEEVE SURGERY?

In general, you can consider gastric sleeve surgery if you meet the following criteria:

- ✓ Your body mass index (BMI) is 30, particularly if you have one or more obesity-related conditions:
 - ◆ Sleep apnea
 - ◆ Type 2 diabetes
 - ◆ High blood pressure
 - ◆ High cholesterol
- ✓ Your repeated efforts to lose weight through changes in diet and exercise have been unsuccessful.
- ✓ Your age is between 18-65

WHAT COULD DISQUALIFY YOU AS A CANDIDATE?

There are circumstances in which a patient might not be an appropriate candidate for weight loss surgery at the Sleeve Clinic.

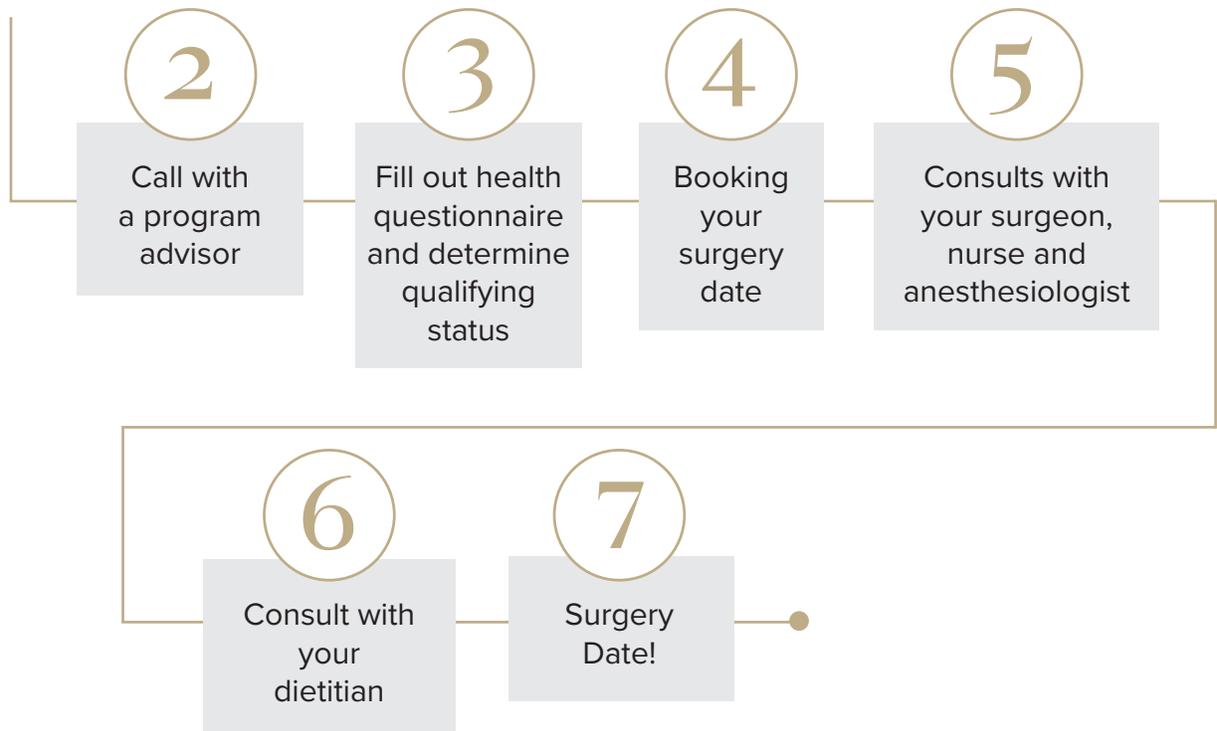
Some things that may disqualify you from surgery at the Sleeve Clinic are:

- ✓ BMI too high or too low from requirement
 - ✓ Severe, untreated mental health disorders
 - ✓ Active drug or alcohol abuse
 - ✓ Previous weight loss surgery or certain other complex abdominal surgeries
 - ✓ Current pregnancy
 - ✓ Lack of Commitment
 - ✓ You are not an active resident of Canada
-

STEPS TO BOOKING GASTRIC SLEEVE SURGERY

Acknowledging that you need support is a significant move and we're proud of you for taking that important first step. Booking a call with our program advisors is the first step on your weight loss surgery journey with the Sleeve Clinic.

The next steps are:



CONNECT WITH US ON OUR VIRTUAL TRACKING APP

When you have your surgery at The Sleeve Clinic, you get access to virtual tools FOR FREE as part of our 5-year aftercare program to help you stay on track.

The Sleeve Clinic stands out with its unique virtual tracking app that allows us to monitor and track your weight remotely via your smart scale. This innovative feature ensures that we can keep a close eye on your progress and provide timely support and adjustments to your plan, all from the comfort of your home.

WITH THE APP, YOU CAN:

- ✓ Track the inches you've lost
- ✓ Set-up daily reminders for your water, protein shakes, vitamins and supplements
- ✓ Take progress photos and create a photo timeline
- ✓ Track hunger, mood levels and bowel movements
- ✓ Integrate with fitness watches and devices to track movement
- ✓ Access bariatric friendly recipes
- ✓ Keep track of your body mass index (BMI)
- ✓ Countdown to surgery and track days since surgery
- ✓ Timers that help you separate food and water intake, and also track your bites to help you slow down while eating
- ✓ Share everything directly with your dietitian, nurse and surgeon to keep track of your recovery and progress!

Bariatric surgery is a journey
Bariatric will help you along the way.

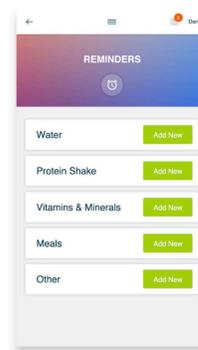


Robust trackers to help get you to goal.

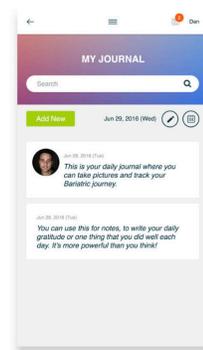


Set reminders

For protein shakes, water and vitamins after surgery



Track your journey with photos and notes.



FEES AND FINANCING

APPLY FOR
FINANCING AT
SLEEVECLINIC.CA
/COST

TOTAL COST: **\$19,995** Including surgery and 5-Year Aftercare Program
Taxes included.

HAVE THE PROCEDURE NOW AND MAKE LOWER MONTHLY PAYMENTS OVER TIME, WITH NO DOWN PAYMENT REQUIRED.



You shouldn't have to delay this life-changing surgery simply because of the price. That's why at The Sleeve Clinic, we offer an easy and convenient financing option to all of our patients with one of Canada's esteemed financing companies - Beautifi.

- ✓ Apply online by visiting app.beautifi.com/application or call at 1-800-969-7034
- ✓ Full approval and funding of your treatment in 48 hours or less
- ✓ Finance terms ranging from 6 months to 6 years
- ✓ No money down required
- ✓ The lowest fees available in the medical financing industry

NO NEED FOR FINANCING?

If you're ready to cover the cost of all or part of your weight loss surgery, we accept the following methods for payment:

- ✓ Cash
- ✓ Interac/Debit
- ✓ Visa
- ✓ Mastercard
- ✓ American Express
- ✓ Certified Cheque
- ✓ Bank Draft

CONSULTATION FEES

Your consultation with our program advisor, surgeon and anesthesiologist is FREE.

DEPOSIT

To hold your surgical date, we require a \$2,500 deposit. The remaining balance is due at your final consultation appointment with your surgeon.

GASTRIC SLEEVE SURGERY: FREQUENTLY ASKED QUESTIONS



Please note that the information provided in this FAQ is based on general guidelines and averages. Individual patient histories and circumstances may lead to different guidance and recommendations from our healthcare team. Always consult your healthcare provider for personalized medical advice.

FAQ

GETTING STARTED

I'M READY TO HAVE MY GASTRIC SLEEVE SURGERY! HOW LONG DO I HAVE TO WAIT?

For many patients, the journey from decision to surgery can be **as short as a few weeks**. Our team is committed to facilitating your preoperative process as swiftly and efficiently as possible, without compromising on the thoroughness and quality of your care.

HOW DO I PREPARE FOR MY GASTRIC SLEEVE SURGERY?

Preparing for your gastric sleeve surgery involves a comprehensive and supportive process designed to ensure you are fully prepared for your procedure – both physically and mentally! This includes a detailed medical assessment to minimize surgery risks and optimize outcomes. You'll complete bloodwork and an electrocardiogram. Additional tests such as gastroscopy or further cardiac evaluations may be required, depending on your specific health needs.

IS IT POSSIBLE TO CONNECT WITH PATIENTS WHO HAVE ALREADY HAD THE SURGERY?

Yes! Here at The Sleeve Clinic, we've fostered a vibrant online community among our patients. We offer access to a **private and exclusive Facebook group** that hosts thousands of individuals who have undergone the procedure. This community provides invaluable insights into life after surgery, offering support and sharing personal experiences that can help guide your journey. We're also happy to connect you with one of our patient ambassadors. They're able to offer a firsthand perspective on their experiences, including adjustments to daily life and answers to those lifestyle questions you may have in mind!

HOW DO I KNOW IF I'M ELIGIBLE FOR GASTRIC SLEEVE SURGERY?

Determining your eligibility for gastric sleeve surgery is a personalized process, focused on your specific health needs and history. Ideal candidates are those who have battled obesity for a considerable time and have a Body Mass Index (BMI) of at least 30. For a quick and easy way to see if you might qualify, our online eligibility calculator is a helpful tool. Additionally, individuals suffering from obesity-related health issues such as diabetes, high cholesterol, high blood pressure, and sleep apnea may find this surgery particularly beneficial. Gastric sleeve surgery has a significant impact on improving or potentially resolving these conditions, leading to a markedly healthier lifestyle.

WILL I NEED TO GO ON A SPECIAL DIET BEFORE MY SURGERY?

Before your surgery, we might ask you to follow a special diet, which includes drinking meal replacement shakes and eating vegetables throughout the day. This isn't about losing weight before your procedure. The main goal here is to prepare your body, specifically to make sure your liver is just the right size for the surgery. When we carry extra weight, sometimes our liver can grow a bit too big, which can make it challenging to perform the surgery since the liver sits right above the stomach. By following this diet, your liver shrinks to a more manageable size, allowing us to operate more smoothly. For most people, the diet lasts about two weeks. Sometimes, we might ask you to keep going for a bit longer if we think your liver is larger than usual. It helps you mentally prepare for your surgery and might even lead to a little unexpected weight loss as a welcome side effect.

DO I NEED TO STOP SMOKING BEFORE MY SURGERY?

No, you don't have to, but it's a good idea to try! Quitting smoking helps your recovery go more smoothly and makes the surgery safer. We understand quitting smoking is hard, and we wouldn't deny anyone the surgery just because they smoke, however, a lot of our patients see their surgery as a chance to quit smoking for good. We really encourage you to give quitting a shot, even if it's just for the 30 days before your surgery. And who knows? After those 30 days, you might decide to go another 30. We're here to help with advice, support, and treatments to make quitting easier, including medications.

WHERE IS THE SURGERY PERFORMED?

Your gastric sleeve surgery will be performed in a private, state-of-the-art surgical facility in Toronto, Ontario. Your comfort, care and safety are our primary considerations. From the bright and welcoming waiting room to the spacious operating theatre, and finally the comforting recovery room, we are equipped for your complete care. The facility is fully accredited by the College of Physicians and Surgeons of Ontario. Our expert surgical team, which includes specialized recovery room nurses and board-certified anesthesiologists, utilize the leading devices, technology, and equipment to ensure your safety throughout this life-changing procedure.

FAQ

GASTRIC SLEEVE SURGERY: WHAT TO EXPECT

HOW DOES THE GASTRIC SLEEVE SURGERY WORK?

In gastric sleeve surgery, the stretchy part of the stomach is removed to form a smaller, sleeve-like shape. This new, smaller stomach (the size of a small banana) lets you feel full after eating less food. Additionally, the surgery removes the part of your stomach that produces a hunger-causing hormone called **ghrelin**, significantly reducing your hunger and cravings.

HOW IS THE GASTRIC SLEEVE PROCEDURE PERFORMED?

The surgery is done laparoscopically, which means we make a few small incisions in your abdomen and use slender instruments and a special camera to carry out the procedure. This method is less invasive and helps with a quicker recovery.

WILL I BE ASLEEP DURING THE PROCEDURE?

Yes, you will be fully asleep under general anesthesia during the procedure. This ensures you're comfortable and feel no discomfort while the surgery is performed.

HOW SAFE IS THE GASTRIC SLEEVE SURGERY?

When performed by experienced medical professionals, the gastric sleeve procedure is considered quite safe. In fact, it carries a lower complication rate than other common surgeries like gallbladder removal and hip replacement. The risks associated with gastric sleeve surgery are generally far less than the risks associated with obesity and its related health conditions. Every surgery carries some level of risk, but with the right team and care, we minimize those risks to ensure the best possible outcome for you.

HOW LONG DOES THE SURGERY TAKE?

The duration of the surgery varies for each individual. With a highly experienced bariatric surgeon, the surgery itself often takes less than 30 minutes. When considering the time needed to administer anesthesia before the surgery and for you to comfortably awaken afterward, the total time spent in the operating room is typically between 45 to 60 minutes.

WHAT DOES THE RECOVERY PROCESS LOOK LIKE?

Recovery from this surgery is generally swift. Most patients find they're able to return to work about a week after the procedure. Some may need up to two weeks, depending on how they feel. The focus on recovery is on managing fatigue and adjusting mentally to returning to work, rather than dealing with the pain or needing to stay in bed. Patients are usually up and moving within hours of the surgery. We've seen many of our patients start work tasks remotely as soon as 3 days post-surgery. For those with more flexibility, we can provide documentation for a longer recovery period of up to 4 to 6 weeks.

WHEN CAN I RESUME GYM ACTIVITIES AFTER SURGERY?

You can go back to the gym whenever you feel physically up to it. Many patients begin light cardio exercises like brisk walking within the first week after surgery. By the end of the first week, activities such as jogging and biking can typically be added. However, it is recommended to wait about 6 weeks before starting any strength training with weights to give your body enough time to heal and adjust after the surgery.

WHAT HAPPENS TO THE PART OF THE STOMACH THAT'S REMOVED?

The portion of the stomach that is removed during the surgery is sent to a laboratory for a detailed examination under a microscope by a pathologist.

FAQ

HOW DOES GASTRIC SLEEVE COMPARE TO GASTRIC BYPASS?

Both procedures are effective surgical weight loss procedures, but they differ in approach and outcomes and overall impact on your body.

The gastric sleeve procedure involves removing the stretchy part of the stomach to form a smaller, tube-like shape. This reduction in stomach size helps limit your food intake and helps you feel full sooner. Additionally, the procedure leads to a decrease in the production of the hormone responsible for hunger, ghrelin, which helps in reducing appetite and cravings. Importantly, the gastric sleeve does not alter the digestive tract, maintaining a more natural flow of food.

In contrast, gastric bypass is a more complex procedure that not only reduces stomach size but also involves modifying the digestive system by cutting, rearranging, and reattaching the intestines to a newly created stomach pouch. This alteration results in decreased food intake and may significantly impact the absorption of micronutrients.

CAN GASTRIC SLEEVE SURGERY BE REVERSED IF NEEDED?

Gastric sleeve surgery is designed to be a permanent solution for weight loss and improved health. During the procedure, a significant portion of the stomach is removed, including the stretchy part that allows for expansion. As a result, the surgery is not reversible in the traditional sense.

In fact, the permanence of gastric sleeve surgery is one of its key advantages, as it allows for sustained weight loss and long-term improvements in health. By removing the stretchy portion of the stomach, the procedure helps to reduce hunger and promote a feeling of fullness, making it easier for patients to maintain a healthy diet and lifestyle.

However, it is important to note that in rare and unusual circumstances, gastric sleeve surgery can be converted to another type of weight loss procedure, such as a gastric bypass or duodenal switch. These situations are exceedingly uncommon.

LIFE AFTER SURGERY

CAN I STILL ENJOY MEALS AND DINE OUT?

Absolutely! Dining out can often be the focal point of many social events and the good news is that after bariatric surgery, you don't have to stop! At every step, our expert dietitians are also here to help. So whether you are going to a five-star restaurant or just meeting friends for a bite at a local coffee shop, you can continue to enjoy ordering off of the menu.

WILL THERE BE DIETARY RESTRICTIONS?

There aren't strict dietary restrictions after surgery, but you will need to adjust how you eat because your stomach will be significantly smaller. We'll guide you on how to make the most of this new, smaller "real estate" by prioritizing protein over other foods. The aim is not to keep you on a restrictive diet but to help you eat normally and take control of Your relationship with food.

ARE VITAMINS AND SUPPLEMENTS NECESSARY AFTER SURGERY?

Yes, vitamins and supplements are necessary after surgery. Since you'll be eating less, it's important to ensure you're still getting all the essential micronutrients. Think of it as an insurance policy for your health. The regimen is quite straightforward—most patients take a bariatric multivitamin in the morning and two or three calcium chews with vitamin D in the afternoon. It's really no big deal and easy to manage.

HOW FAST WILL I LOSE WEIGHT?

You'll likely begin to lose weight shortly after your surgery, with the most noticeable drop in the first few weeks and months. Generally, patients lose about 50% of their excess weight within the first six months, depending on how much they weighed before the surgery. The total weight loss journey typically spans 12 to 18 months. The heavier your starting weight, the quicker you might see initial results. It's not uncommon for patients to lose between 15 to 30 pounds within just the first few weeks post-surgery. The process of weight loss starts right away for most individuals.

FAQ

WHAT ABOUT EXCESS SKIN?

Some, but not all patients, may have excess skin after surgery. Whether this occurs depends on a host of factors, including, the patient's weight prior to surgery, the amount of excess weight loss, the patient's age and genetics. For patients with concerns of excess skin, plastic surgery after the gastric sleeve can be a highly effective option. We typically recommend that patients wait 12-18 months from their surgery to ensure that their weight has stabilized.

WHAT CAN I EXPECT IN TERMS OF SUCCESS RATES FOLLOWING GASTRIC SLEEVE SURGERY?

Gastric sleeve surgery has been shown to be highly effective in helping patients achieve significant and lasting weight loss, as well as improvements in overall health and quality of life. On average, patients can expect to lose between **50-70%** of their excess body weight within the first year following surgery.

This transformational weight loss can lead to a reduction or even complete resolution of many obesity-related health conditions, such as type 2 diabetes, high blood pressure, and sleep apnea.

The success of gastric sleeve surgery is primarily determined by the effectiveness of the procedure itself and the quality of the aftercare program. As obesity is a complex medical disease that requires ongoing professional support and management, our comprehensive aftercare program is the key to helping patients achieve and maintain their weight loss goals. It's designed to empower patients and provide them with the tools needed to effectively manage their medical condition, rather than placing emphasis on individual lifestyle factors.

Our team ensures that patients remain accountable and adherent to the post-operative guidelines. This support system is critical to maximizing the chances of long-term success and allowing patients to fully benefit from the significant health improvements associated with sustained weight loss.

It's important to note that individual results may vary, and the success of the surgery is influenced by a variety of factors, including a patient's starting weight, overall health, and adherence to post-operative guidelines. However, with dedication and support from our experienced team, patients can expect to achieve significant and life-changing results following gastric sleeve surgery.

We encourage you to discuss your specific goals and concerns with your program advisor, who can provide personalized information and guidance based on your unique situation. Our team is committed to supporting you every step of the way as you embark on your journey towards improved health and wellness.

LONG-TERM CONSIDERATIONS

CAN I HAVE CHILDREN AFTER SURGERY?

Yes, you can certainly have children after your surgery! However, it's best to wait until your weight has stabilized and your body is receiving adequate nutrients to support both you and your baby's development. For safety and to ensure the best outcomes, current guidelines suggest waiting **12-18 months after the surgery** before trying to conceive. This time frame allows your body to adjust fully to the changes and ensures an optimal environment for pregnancy.

WILL MY OTHER HEALTH CONDITIONS IMPROVE?

Yes, most people see dramatic improvements in obesity-related health conditions after surgery. Conditions like diabetes, obstructive sleep apnea (OSA), High blood pressure (Hypertension), high cholesterol (dyslipidemia), polycystic ovary syndrome (PCOS), joint pain, and urinary incontinence, to name a few, typically improve dramatically or, in many cases, may even resolve completely.

FAQ

WHAT ARE THE POTENTIAL LONG-TERM EFFECTS OF GASTRIC SLEEVE SURGERY THAT I SHOULD BE AWARE OF?

Gastric sleeve surgery has been shown to provide numerous long-term benefits for patients. Many obesity-related conditions, such as diabetes, high blood pressure, high cholesterol, sleep apnea, PCOS, and fertility issues, can be greatly reduced or even resolved following the procedure. Studies have also indicated that the surgery can potentially extend a patient's lifespan by 5 to 9 years and lower the risk of various cancers and possibly even dementia.

While the vast majority of patients experience positive outcomes, it is important to be aware of a few potential long-term effects. A small percentage of patients may develop heartburn post-operation, which can be effectively managed with the use of antacids. Additionally, some patients may require ongoing supplementation of certain vitamins and micronutrients to maintain optimal health. For example, women with heavy menstrual periods who lose significant amounts of blood may benefit from additional iron supplements to prevent anemia. These potential long-term effects are generally minor and can be easily managed under the guidance of your healthcare team. The overwhelming benefits of gastric sleeve surgery, such as improved health, increased longevity, and enhanced quality of life, far outweigh these considerations for most patients. We encourage you to discuss any concerns you may have with your program advisor, who can provide further information and support as you make your decision.

WHAT HAPPENS TO THE SURGICAL STAPLES USED DURING THE PROCEDURE?

Patients often have questions about the surgical staples used during the operation. These staples are small and made of titanium, and they stay in your body permanently without causing any health issues. They are safe and do not interfere with MRI scans or airport security systems. Within a week post-surgery, scar tissue will form around the staples, rendering them invisible during an abdominal examination. Surgical staples have been a critical tool since the 1960s, and their technology has greatly advanced over the years. These staples are essential for the safety and effectiveness of not only this surgery but also many other types of operations, including appendectomies and bowel surgeries. Their safety and functionality have been extensively researched and proven.

HOW MANY SCARS WILL I HAVE?

The surgery is performed laparoscopically and typically involves 5 tiny incisions. 4 of these incisions are about 5mm (the width of a pea). One of the incisions is approximately 15mm (less than the width of a loonie).

CONTACT INFORMATION

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THE SLEEVE
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