

GASTRIC BAND

TRANSFORM
HOSPITAL GROUP

TIME TO FOCUS ON YOU

We understand that weight loss isn't easy. It can be frustrating when your efforts don't seem to get you any closer to the results you're hoping to achieve. If you have a body mass index (BMI) of 30 or above and your attempts to lose weight through dieting and exercise have so far proven unsuccessful, a gastric band could be the weight-loss tool that helps start the journey to a new you.

Gastric band surgery, also commonly known as lap band surgery, helps with weight loss by stimulating nerve endings at the top of your stomach. This reduces your appetite and allows you to feel satisfied on smaller portions of food.

SHAPING YOUR FUTURE

There are many benefits to having a gastric band fitted. Weighing less can make it a lot easier to move around, allowing you to enjoy a whole spectrum of new activities which may improve your general fitness and wellbeing. Weight loss through gastric band surgery has also been proven to help with a number of health-related conditions, such as type 2 diabetes and high blood pressure, among many others. After significant weight loss you may feel an improvement in your mental health, with higher confidence and self-esteem, a more positive outlook and an overall better quality of life.

Whatever your reason for finding out more about a gastric band, Transform Hospital Group is here to help.

LET'S DELVE INTO THE DETAIL

As with every surgical procedure, it's important that you know of any potential risks that your surgery may have, so that you can weigh these up against the benefits it can bring. As a guide, risks may include wound irritation, stomach upset, infection, injury, and gallstones.

Our surgeons are extremely knowledgeable and are here to answer all your questions or address any concerns regarding weight loss surgery.

FEEL-GOOD FACTOR

Don't just take our word for it, though. Having gastric band surgery with The Transform Hospital Group completely changed Rosanna's life: *

"I had gastric band surgery almost a year ago. Since then, my life has completely changed for the better. It's not been an easy road, but I followed the diet advice I was given and now, at 10 stone, I'm a healthy, happy weight. My confidence has improved, and my happiness increased."



WE'RE READY WHEN YOU ARE

1. FIRST APPOINTMENT:

Meet your surgeon assistant, with whom you will be able to discuss your interest in gastric band surgery. They'll also discuss the likely costs and your finance options, how much time you'd need to take off work, and the timescales for surgery. If you feel ready, you'll be booked for a consultation with one of our specialist weight loss practitioners (a dietitian or nurse).

2. FREE SURGICAL CONSULTATION:

There's no obligation to go ahead following your consultation with your specialist weight loss practitioner. At this appointment, you can discuss your weight loss goals and understand your suitability and psychological preparedness for treatment, as well as chat through the benefits and risks of surgery. If you do decide you want to go ahead, you'll go on to have a consultation with your surgeon, who'll review your suitability for surgery and further discuss the risks and benefits. Following this, you'll be referred to a clinic nurse and a dietitian for pre-operative tests and assessments.

3. THE SURGERY:

You'll meet with your surgeon again, and they'll go through any of your final questions. You'll read and sign the consent form, and then meet the rest of the surgical team before heading into theatre.

Gastric banding involves placing a fully adjustable silicone ring around the top of the stomach to stimulate specific nerve endings in the stomach wall. Once the band has been adjusted sufficiently, it helps to create a feeling of satisfaction on smaller portions of food. Using a keyhole technique for this procedure means that most patients will have five 1-2cm scars.

4. RECOVERY:

Following surgery, you might need to stay in the hospital overnight. It's likely that you'll feel swollen and tender for a while, but this is completely normal and should settle fairly quickly. We'll provide any pain relief you need while you're in hospital.

Each of our gastric band patients is given a personalised care plan, developed on the advice of their surgeon. We'll also provide access to our 24/7 patient helpline and a dedicated weight-loss support team who can help with booking appointments and give you emotional support.

5. AFTERCARE:

When you have a gastric band fitted, the surgery itself is only the start of your journey. We offer three different comprehensive aftercare packages to help you achieve your weight loss goals.

The level of benefits you enjoy after surgery will depend on the package you have chosen. They may include band adjustments with our highly trained nurses and dietitians, surgical cover, including post-operative surgery for port adjustment, port replacement and/or reconnection, X-rays, and correction for band slippage or erosion.

