

# GASTRIC SLEEVE

**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 closer to the results you're hoping to achieve. If you've been unable to lose weight through diet and exercise alone, gastric sleeve surgery could help you achieve your goal. Also known as sleeve gastrectomy, gastric sleeve surgery may be suitable if you have a BMI of over 30.**

Gastric sleeve surgery can result in considerable weight loss, giving you a healthier, more fulfilling lifestyle. It is less invasive than a gastric bypass but more complex than a gastric band, and patients lose on average 55-60% of excess weight, according to a National Bariatric Surgery Registry Report.

## SHAPING YOUR FUTURE

There are many benefits to enjoy after having gastric sleeve surgery. Weighing less can make it a lot easier for you to move around during your daily activities, as well as allowing you to enjoy a whole spectrum of new activities which improve your general fitness and wellbeing. Weight loss through gastric sleeve surgery has also been proven to help with a number of health-related conditions, such as type 2 diabetes and high blood pressure. 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 sleeve, 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 blood clots, wound infection, stomach leak, obstruction, malnutrition and gall stones.

Our surgeons are extremely knowledgeable and are very willing to answer any questions or address any concerns you may have.

## FEEL-GOOD FACTOR

Don't just take our word for it, though. Julie\* would recommend Transform Hospital Group to anyone:

*"Every aspect of my sleeve gastrectomy was dealt with considerately and respectfully, which was fabulous when dealing with something so personal. My operation was carried out professionally and successfully, and the aftercare was very good at the hospital. I would, without a doubt, recommend Transform Hospital Group."*



\*Trustpilot review, Feb 2018

# WE'RE READY WHEN YOU ARE

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## **1. FIRST APPOINTMENT:**

Meet your surgeon assistant, who'll talk through why you're interested in a gastric sleeve, the likely costs and finance options, how much time you'll need to take off work, and timescales for surgery. If you feel ready, we'll book you in for a consultation with one of our surgeons.

## **2. FREE SURGICAL CONSULTATION:**

Now's the time to talk to your surgeon, with absolutely no obligation to go ahead. You can discuss your weight loss goals for after surgery and whether you're a suitable candidate for treatment, as well as chatting through the benefits and risks. It's important that you're psychologically prepared for treatment too. If you do decide you want to go ahead, they'll refer you to a clinic nurse who'll perform some pre-op tests and procedures.

## **3. THE SURGERY:**

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

The gastric sleeve procedure is usually carried out as a keyhole surgery under general anaesthetic. It involves the vertical removal of up to 75% of the stomach area to leave a thin sleeve. The stomach continues to function as normal, but its reduced size restricts the amount you can eat and makes you feel full after smaller meals. It also aims to drop levels of the hunger hormone, ghrelin, to reduce your appetite. Less stomach acid is produced after surgery, which can affect the absorption of some vitamins and minerals, and so supplements are required for life. It is also important to know that gastric sleeve surgery is non-reversible.

## **4. RECOVERY:**

Following the surgery, you might need to stay in the hospital for 2-3 nights to help you recover. 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 whilst you're in hospital.

Each of our gastric sleeve 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 sleeve fitted, the surgery is only the start of your journey. That's why we offer comprehensive weight loss surgery aftercare to all our patients, giving up to six years' peace of mind post-procedure.

You'll have ongoing support from our team of dietitians, who can provide guidance on what to eat after your sleeve gastrectomy, as well as our nursing team who can explain the healing process and advise on any medications you may need. The level of aftercare you receive will depend on the package you choose - and your surgeon assistant will help you find the right one for you.