

Sleeve Gastrectomy_ Where to begin?



Dr Mikhail Mastakov MD,FRACS

Weight Loss & General Surgery
Laparoscopic Emergency & Elective

Obesity is Multifactorial Disease

- Genetic predisposition
- Physiologic
- Foetal-maternal predisposition
- Behavioural pattern
- Gender
- Socioeconomic
- Psychosocial
- Society

Lots of factors to control for a life time

The comorbid conditions associate d with morbid obesity

- 1. Type 2 diabetes mellitus**
- 2. Obstructive sleep apnoea**
- 3. Asthma**
- 4. Hypertension**
- 5. Hypercholesterolemia**
- 6. Hypertriglyceridemia**
- 7. Metabolic syndrome (Syndrome X)**
- 8. Coronary artery disease**
- 9. Congestive heart failure**
- 10. Gastroesophageal reflux disease (GORD)**
- 11. Gallstones and gallbladder cancer**
- 12. Urinary stress incontinence**
- 13. Dysmenorrhea or amenorrhea**
- 14. Infertility**
- 15. Osteoarthritis**
- 16. Deep venous thrombosis**
- 17. Depression**
- 18. Stroke**
- 19. Colon cancer**
- 20. Breast cancer**
- 21. Endometrial cancer**

Bariatric operating table



Sleeve Gastrectomy (SG) 2021-Dr Mikhail Mastakov

Begin Your Journey

- If you feel weight loss surgery may be right for you, the whole process begins with an initial consultation with Dr Mikhail Mastakov.
- You will need a referral from your GP.
- You will need to download the "Dr Mastakov Bariatric Surgery Health Questionnaire" from our website. Please ensure this questionnaire is completed prior to the appointment.
- Your consultation is an excellent way to find out more about Weight Loss Surgery and ask all of your questions.
- After the consultation if you don't want to proceed further, there is no pressure to do so at all.

Preparation for Surgery

- You preparation for surgery begins with a Surgical review. The different types of surgeries available are discussed and your fitness and suitability for surgery is examined.
- Assessment of height, weight and body mass index (BMI).
- Education about the required pre- and postoperative changes.
- To achieve the best and desired postoperative outcome, a multidisciplinary approach to the individual patient is of paramount importance.

Preparation for Surgery

- During the preparation phase, you will be asked to meet:
 - with a **Dietitian** to guide you through this phase and explain which foods you are also allowed to have.
 - with a **Psychologist** to help you better identify the changes you may need to make in your life, as well as equip you with techniques to help make these changes in order to lose as much weight as possible.
 - with a **bariatric specialist Physiotherapist** to learn about the importance of physical activity.

Preparation for Surgery

- During the preparation phase, you may be asked to undergo:
 - Pre-Operation Blood tests.
 - Electrocardiography (ECG).
 - Gastroscopy.
 - Chest X-ray.
 - Sleep studies
 - Other investigations if indicated.
- Undertake a **2-week dietary phase** to facilitate weight loss and to reduce your liver size so that your stomach organ can be safely accessed by keyhole surgery.

We recommend that you follow the **FORMULITE** Meal Plan and drink plenty of water. Rapid Weight Loss / Pre-Surgery pack which includes 3 Meal Replacement Shake Tubs, 2 Week Meal Plans and Recipe E-book and a Formulite Blender Bottle can be purchased online from <https://formulite.com.au/shop/pre-surgery-pack/#select-1st-shake-flavour>

Recovery after Surgery

- A quick recovery after having a Sleeve Gastrectomy is expected. You will be in special care overnight and then one or two days on a general ward before being discharged. Two weeks off work is usually recommended.
- You may feel tired, but you are not expected to be in a lot of pain, as it is keyhole surgery. Every day you will improve.
- You will meet again with Dr Mikhail Mastakov at the three-four week mark to check on your recovery and answer any questions you may have.
- We believe that your follow up appointments after your Bariatric Surgery are one of the most important factors that will help you to achieve long term success. With this in mind, we offer Bulk Billed appointments for the first 12 months following your surgery

Recovery after Surgery

- After surgery, you will need to allow the stomach area to settle and the swelling to subside. This is achieved by having a gradual return to normal solid food.

Table 65.2

Stages of diet progression after surgery

Stage 1 approximately 2 weeks	Stage 2 approximately 2 weeks	Stage 3 approximately 2 weeks	Stage 4 approximately 2 weeks
Free fluids only Encourage 1.5– 2.0 l/day	Purée or blended food 2–3 tablespoons/meal	Soft foods and some crispy textures	Low fat, low sugar balanced diet —increasing to small tea plate size over time

Recovery after Surgery

- You will learn how to eat differently, to take things slow and to have smaller bites. You will also be unable to eat and drink at the same time.
- Despite the considerable benefits to health, some long-term nutritional deficiencies have been reported in bariatric surgery patients.
- Patients should be monitored regularly, and deficiencies supplemented accordingly.

Recovery after Surgery

- Have a regular meal pattern.
- Eat slowly. Take approximately 20–30 min to eat a meal.
- Take small bites of food.
- Chew really well before swallowing.
- Stop eating before feeling full.
- Use a small plate or bowl in order to control portion sizes.
- After eating, wait at least 30 min after eating before drinking.
- Sip fluids slowly rather than taking large mouthfuls.
- Mindful eating—concentrate on your meal rather than watching television or working while eating.

Recovery after Surgery

- After the Gastric Sleeve, we only need to see you once **every 3 months** until your goal weight is reached.
- Over the first 12 months following surgery, all routine 15 min post-operative reviews that relates to the obesity surgery will be bulk billed (No out of pocket costs).
- You will be asked to meet with a dietician to discuss the recovery diet phase in more detail.
- Around 6 months after your surgery it is recommended to meet with a psychologist again to check whether any bad habits are starting to creep back in, such as **comfort eating**, and if so help you with this.

Lifestyle Changes after Surgery

- Surgery only does half of the work. You will need to change your whole lifestyle not just the diet.
- Regular exercising and giving up smoking are also recommended.
- These changes are not made for only a few weeks or a few months but are made for life.

Advice to a patient experiencing anxiety and fear before surgery?

- If you are feeling any excessive anxiety and fear before surgery we recommend that you visit your GP, psychologist or psychiatrist to address all issues.
- Bariatric surgery involves a multidisciplinary team with the dietician being the main port of call before and after surgery.
- We usually recommend that you see a psychologist once before and two to three times after surgery.
- For general, natural anxiety and fear we can assist you by offering reassurance as we explain all facets of the procedure to you.



Dr Mikhail Mastakov MD, FRACS
General Surgeon, Laparoscopic Surgeon

**CONTACT US
WHEN YOU'RE
READY**

Begin Your Journey with us

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St STEPHEN'S Private Hospital
Ground floor Specialist Suites
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URRAWEEEN (HERVEY BAY) Q 4655**

**Sunnybank Clinic
Specialist Centre
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