WEIGHT LOSS SURGERY PROTOCOL

**INITIAL CONSULTATION**: You should arrive at Western Bariatric Institute 30 minutes prior to the scheduled appointment. Please bring your insurance card, photo ID and applicable co-pay/deductible fee. We encourage you to provide previous medical records from your primary care physician and any applicable specialists. You should also provide available documentation indicating necessity for weight loss surgery.

**INSURANCE REQUIREMENTS:** It is your responsibility to determine your benefits coverage prior to your first appointment. Patients who have confirmed that weight loss surgery is not a covered benefit under their insurance plan will be considered a self-pay patient. Please refer to online information regarding our self-pay rates; you will be required to pay the consultation fee in full at the time of your appointment.

Our office will assist with pre-authorization for your weight loss surgery. Your chart will only be submitted when **all checklist items** have been completed, received, and approved by our office. We will contact you to schedule your surgery and surrounding pre-operative appointments once we receive approval from the insurance company.

**ELIGIBILITY FOR SURGERY**:

Below are the general guidelines used by most insurance companies to determine eligibility for surgery. Not all insurance companies follow these exact guidelines.

1. Age 18 to 65; above 65 is determined on a case by case basis. Over 75 is excluded by our office.
2. No history of major psychiatric illness that would prevent compliance with dietary and recovery program.
3. A BMI of 40 (100lbs over your ideal body weight) or a BMI of 35-39 with one or more co-morbidities.
4. Support from family & friends.
5. A primary care physician who will actively follow you after surgery.
6. No active drug or alcohol abuse.
7. No tobacco or nicotine use use at least 6 weeks prior to surgery.
8. A physician supervised weight loss program ranging from 3 to 6 months.
9. Diet history outlining previous unsuccessful attempts at weight loss.
10. Nutritional evaluation.
11. Psychological evaluation.
12. A commitment to follow the post operative dietary and exercise recommendations of Western Bariatric Institute.
13. Attendance and participation in all required pre-operative appointments and educational classes to ensure a complete understanding of the procedure, the risks and benefits, and the lifelong changes necessary to be successful.
14. Female patients of child bearing age must understand that pregnancy must be avoided for the first year after surgery and proper precautions must be taken.
15. There are two mandatory pre-operative educational classes online prior to surgery. The first is the “STEPS TO SUCCESS” class. You will watch this class after your initial consultation with your surgeon and prior to being submitted to your insurance company for authorization. Your patient advocate will schedule you for this class and is a part of your program fee. You will watch the other class on our website before surgery after we receive surgery authorization from your insurance company. A fee of $350.00 will be collected at you pre-operative visit with the doctor. This **PROGRAM FEE** includes the Steps to Success Class, pre-op class, your educational materials throughout the process, and your access to our online education, ongoing support group meetings, and other patient education and support resources. **Both of these classes and the program fee associated with them are mandatory and are not covered by your insurance company. You will be responsible for this payment at the time of your pre-op appointment**.
16. Any estimated out of pocket costs must be paid in full prior to surgery.

**POSTOPERATIVE PLAN:** After surgery, it will be expected that you follow all postoperative instructions from your surgeon and the other clinical staff members at Western Bariatric Institute. It may additionally be necessary to comply with requests for laboratory testing and radiological exams as needed. You should also follow the nutritional recommendations given to you at the time of your nutritional evaluation, pre-operative classes and your patient handbook. Please follow all discharge instructions given to you by our office and the hospital regarding dietary requirements. Post-operative follow up will be scheduled at 7-14 days, 30 days, 3 months, 6 months and 12 months. It is required that you be seen routinely in the WBI office at least once yearly thereafter. This is essential for your weight loss success. If you have had a Laparoscopic Adjustable Gastric Banding procedure additional visits may be necessary for adjustments to the gastric band. These post op visits are necessary to gauge your success with your nutritional and weight loss needs.

**SUPPORT GROUP:** Attendance at ongoing support group meetings is required both pre and post operatively. Please see the online calendar for meeting dates and times. Diet, coping skills and exercise routines will be discussed routinely. A supportive, caring environment will be maintained at all times

**WESTERN BARIATRIC INSTITUTE’S WEB SITE:** Our office will maintain an active website where patients may find updated information and vitamin guidelines.

**WESTERN BARIATRIC INSITUTE’S COMMITMENT:** Our office will provide the finest medical treatment possible in order for you to meet your weight loss and health goals. We will maintain confidentially and act in the best interest of our patients. We will maintain an open line of communication between patients and office staff. Western Bariatric Institute is committed to assisting our patients in reaching and sustaining optimum health and weight management. We will maintain a relationship with other professionals, such as nutritionists, mental health care professionals and exercise physiologist who are also dedicated to the well being of the weight loss surgery patient.