



Dr Jason Free
BVSc (HONS) MBBS (Qld) FRACS
Specialist Bariatric Surgeon
P. 07 5564 6501
F. 07 5564 6513

www.surgerygoldcoast.com.au
info@surgerygoldcoast.com.au

Weight Loss Surgery – What to expect

Weight loss surgery is a life-changing decision. Once you have made this decision, it is important to involve yourself in the experience, gain as much knowledge as possible to understand how your procedure will help you lose weight, to maintain the weight loss, and regain a healthy lifestyle.

Almost all patients by the time they come to see me, have already researched various options for weight loss, and have tried several methods with little long-term success. Every day I see patients who have been on injectable weight loss medications, which either don't work as well as they expected, or their effects wear off after a few months, or they get sick of the side effects. Ultimately, most people on medical weight loss programs will eventually come to the realisation that medications are not a long-term viable option.

Many people like the idea of gastric balloons which I am also happy to discuss and offer, however these are only suitable for a certain group of patients. The expected weight loss is about 10-15kg, and therefore they are not suited to people with a very high BMI.

My goal is to provide patients with exceptional surgical skill, experience & wisdom gained in over 12 years of a dedicated weight loss surgical practice. I provide honesty in terms of outcomes after having treated over 3,500 patients. Our practice philosophy is to treat patients with the respect and expertise they deserve, and not to provide patients with un-necessary and fanciful gimmicks during their weight loss journey.

When you come in for a consultation, we will discuss your individual circumstances, medical issues, your goals, and the various options available for weight loss. There are several weight loss surgical options, and each will be better suited to different people for various reasons which we will discuss. A patient has the right to choose what they believe is best, however I aim to

provide you with a detailed comparison of all procedures, the pro's & cons of every option available based on sound international data and many years of experience.

I will show you images of the procedures discussed, the anatomy and how they are performed. We will discuss the benefits and particular risks of each weight loss procedure, as well as the expected long term potential side effects of each procedure. You will be provided with a lot of information and specific brochures regarding procedures specific to you. I encourage you to read carefully through all of the information provided, and take some time to consider any questions. I am always happy to have follow-up phone calls or consultations at any time to clarify any queries.

Bariatric surgery can be performed as an occasional procedure by general surgeons; however, I believe for the best results with minimal risk it should be performed by a surgeon who has undertaken years of specialised postgraduate fellowship training in endorsed bariatric surgical units. Evidence in this field is unanimous in stating that the more procedures a proceduralist has performed, the lower the complication rate will be. My education, skill and experience are detailed in my resume that can be found on my website.

Being admitted to hospital for weight Loss surgery may be perceived as a major event for many people. In reality the process can be made extremely smooth, my dedicated staff will guide you through this at all times. We've spent over 10 years developing and refining methods to improve our process to help patients through their surgical journey with minimal impact on their lives.

Safety is our main priority. Complications can arise from bariatric surgery, with Australia & worldwide literature suggesting a major complication rate such as a "leak" occurring in 1/200 people following primary sleeve gastrectomy or gastric bypass. This has the potential to lead to significantly prolonged inpatient stay. In my experience, having treated over 3,500 patients in 12 years, and have only had 2 patients experience such a leak, both of which have recovered extremely well with no long-lasting effects. Subsequently my rates of major complication are significantly lower than most surgeons in Australia, and published reports worldwide.

Follow-up after bariatric surgery over a prolonged time is important, and evidence demonstrates people who maintain long term follow-up do have better outcomes with fewer problematic issues. Myself and my dedicated

research scientist conduct long term research into outcomes and safety of bariatric surgery which is published and presented at international surgical meetings. Our input to the scientific community has and will continue to improve outcomes and make for safer procedures.

For a detailed information booklet about the various surgical procedures, pathway and what to expect, please click on the link below.

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