

LOSA

# Post-Bariatric Body Contouring Surgery

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PATIENT INFORMATION BOOKLET

Restoring natural  
form & aesthetics.

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### Many patients seek advice regarding excess skin and body contouring procedures after weight loss.

Many patients are extraordinarily successful in their efforts to lose weight, but they are frequently unaware of the consequences this weight loss may have. Generalised “deflation” after weight loss, with excess overhanging skin is uncomfortable, can be unsightly and may be associated with complications including infections and irritation.

The answer may include body contouring procedures such as Abdominoplasty/tummy-tuck, Breast reduction/lift, Body lifts, Buttock lift and augmentation, Brachioplasty/arm reduction and thigh lifts. These procedures can restore body image, improve comfort and rejuvenate lives after successful weight loss.

## PRE- OP

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### **You will have a 1 hour consultation with Dr Campbell-Lloyd during which you will:**

- Discuss the procedure you are interested in having done.
- Be assessed to determine whether you are a candidate for your chosen procedure (which may include body weight criteria).
- Be examined and measured with the assistance of our female practice nurse.
- Have pre-operative photographs taken by the practice nurse

You will not be able to book any surgery after this consultation. You will be required to take the information provided away with you to consider your options. In most cases we require that you see Dr Campbell-Lloyd for a second consultation (which is included in your initial consultation fee) prior to booking your surgery.

A quote for surgery will be prepared and sent to you after your consultation.

# Post-Bariatric Body Contouring Surgery

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### POST- OP

- You will spend around 3 days in hospital. This is a requirement for both insured and uninsured patients.
- You may need to wear a post-operative garment. This will be discussed in your pre-op consultation.
- You will have a post-operative appointment with the practice nurse within 1 week of discharge from hospital
- Your wounds will be checked and your dressings changed. You will then be booked for a further follow up appointment in 4 weeks time (or as required).
- It is important to understand that following significant weight gain and then weight loss, your body changes significantly. After body contouring surgery you will not look the same as you did prior to gaining the weight. This will be discussed during your pre-op consultation.
- If you have children it's best to prepare them that mum won't be able to play or lift them for the first 6 weeks
- Put your gym membership on hold! You won't be needing this for a little while. We recommend 6 weeks before easing back into the exercise
- Sorry, no swimming at the beach or river for a while. You cannot immerse yourself in water for a few weeks, this includes baths and spas.

### COSTS

Whilst there are some item numbers associated with post-bariatric surgery, they are very limited and do not cover all costs. The item numbers are important to consider as they will (in some cases) cover hospital admission and theatre costs associated with your surgery. It is always important to check your level of cover with your health fund. Below are some item numbers that may help with this:

**Breast Reduction;**

Item number: 45523

Surgeon Fee: \$4,990-5990\*

Rebate: \$1350.70\*\*

**Abdominoplasty;**

Item number: 30176

Surgeon Fee: \$4,990-6990\*

Rebate: \$985.70\*\*

\* The surgeon's fees do not include anaesthetic fees, hospital fees, prostheses or garments. Where an item number applies, your health fund may cover part or all of the costs of your hospital fees.

\*\*The calculated rebate based on the current MBS schedule of fees. This rebate is dependent on having the appropriate level of health insurance coverage.