

Preoperative Guidelines for Bariatric Surgery

Date: _____

Patient Name: _____

Patient Address: _____

Dear [Patient's Name],

Congratulations on taking the important step towards improved health through bariatric surgery. To ensure a smooth process, please review the following preoperative guidelines:

1. Preoperative Appointments

- Complete all necessary evaluations with the surgical team.
- Schedule appointments with dietitians, psychologists, and other specialists as required.

2. Dietary Changes

- Begin a supervised weight loss program with your dietitian.
- Avoid high-calorie foods and drinks.
- Start following a high-protein, low-carb diet as recommended.

3. Lifestyle Modifications

- Engage in regular physical activity.
- Avoid smoking and limit alcohol consumption.

4. Medications

- Review all medications with your doctor; some may need to be adjusted.
- Inform your doctor of any over-the-counter medications or supplements you are taking.

5. Final Preparations

- Ensure that you have a support system in place for surgery day and recovery.
- Please confirm surgery date and time with our office.

If you have any questions or concerns, do not hesitate to reach out.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]