



Life After Weight Loss Program

What to Expect During Your Experience

Once again, welcome to the UPMC Life After Weight Loss Program. During your visit, you will meet many healthcare professionals who are here to ensure that the surgery you may have will be the safest and most comfortable experience possible.

Our new patient consults usually involve a number of people. First, you will talk with a nurse who will perform an initial health assessment. Your height and weight will be assessed and Body Mass Index (BMI) calculated. The nurse will review the health history forms you filled out and ask you further questions. The nurse will then have the dietician come to see you. Proper nutrition is critical for good wound healing and is often overlooked. You will be evaluated and counseled by the dietician. After this, a doctor will see you to further review your medical history and perform a physical exam. It is at this point where you will discuss your personal goals and expectations with the doctor and create a plan of action for your body contouring surgery. Full body photography is often needed at this visit to apply for insurance coverage of certain procedures or for surgical planning. After the consultation with the doctor, you will then meet with the professional assistant to determine the surgical date, surgical costs, or get more answers to any questions you may have about the UPMC Life After Weight Loss Program.

If you are a surgical candidate, we typically will want to see you for a second visit. It is at this visit where further counseling is provided regarding your particular surgery. A pre-operative evaluation is performed, labs and tests are ordered as necessary, consent forms are reviewed, and you receive the pre-operative packet. All of your questions regarding surgery will be answered. If photographs were not taken at the first visit, they will be taken at this visit.

We strongly recommend you look over the Life After Weight Loss Pre-Operative Packet weeks before surgery and then again a few days before surgery so that everything is fresh in your mind. The packet has specific information about what to do and not to do prior to surgery, as well as information about how to care for your surgical site after surgery.

The day before surgery, the hospital will call you to tell you what time to be at the hospital in the morning. Generally they call patients between 3pm and 7pm the day before. Please let our office know if you have an alternate number that makes it easier to reach you.

Most people feel anxious before surgery. This is normal. You will meet the anesthesiologist on the morning of your surgery and the surgical team will review the surgical plan. You will have time to ask any remaining questions. We will do all that we can to keep you comfortable during this time.

After surgery, we will usually see you back a week following your operation. Post-operative visits are important to assess your incisions and we urge you to call us immediately if you need to reschedule. You will have several numbers to call if you have questions during the recovery period. We are here for you and want you to always be able to reach us.