

## Follow up Visits

### Take Charge of Your Health

The old saying, “You only get out of it what you put into it,” rings true when taking charge of your health. Confronting unhealthy habits, putting effort into an exercise routine, examining the way you react to stressful situations, planning ahead for nutritious meals and snacks, following up with doctor’s visits or tests--all require effort on your part. It may seem easier to sit back and tell yourself that you are too busy or too tired and that it isn’t worth it. But if you desire vitality, energy, improved health and more out of life, *and* you are willing to expend energy and effort in pursuit of it, read on.

#### Medical Care

**Gastric Bypass / Gastric Sleeve:** Barix Clinics recommends that you follow up with your surgeon and nutritionist at 2 weeks, 6 weeks, 3 months, and then annually after your surgery. These visits are designed to evaluate your progress, address any problems or concerns, and provide support if you are faltering. Lab tests are ordered for 3 months, 6 months, 9 months, and then annually after surgery. These tests provide valuable information about your health and nutrition status. Keeping up with these tests allows any problems to be addressed quickly.

**Adjustable Gastric Band:** Barix Clinics recommends that you follow up with your surgeon and nutritionist at 2 weeks and 6 weeks post operatively and then have band adjustments as needed. You can ask to speak to a nutritionist at an adjustment appointment, if you like. These visits are designed to evaluate your progress, address any problems or concerns, and provide support if you are faltering.

#### What happens at a follow-up visit?

- You will meet with a medical assistant who will gather information such as weight, blood pressure and any problems or concerns that you have.
- The surgeon will evaluate the healing process, your health status and your weight loss progress. If you have an adjustable gastric band, an adjustment will be made if necessary.
- The nutritionist will evaluate your food and exercise choices and let you know if you are on track to success or if you need to make some adjustments.

Even if you’re feeling that everything is OK, these appointments are an important investment in your good health.

The bottom line is that *you are worth* the energy and effort required to take control of your health. You have already taken a major step in the right direction with bariatric surgery. The surgery is an awesome tool that will help you to reach your weight goals and improve your health. How well you use the tool is up to you. By taking charge of your health, which includes attending follow-up visits and having lab work completed, you will find improved health, vitality, and energy. Choose to make the effort, because *you are worth it!*