

How to Begin Changing Your Life WITH WEIGHT LOSS SURGERY

AM I A GOOD CANDIDATE?

Good candidates are highly motivated and committed to making sensible nutrition and lifestyle changes that are necessary for successful weight loss after obesity surgery.

Have you unsuccessfully attempted to lose weight through multiple documented weight loss methods?

Are you free from emotional, medical, psychological, or other special conditions that may complicate obesity surgery?

Do you have a thorough understanding of obesity surgery and what it can and cannot accomplish?

Can you maintain realistic goals and expectations for obesity surgery?

DO YOU WEIGH AT LEAST **60 POUNDS** MORE THAN YOUR IDEAL BODY WEIGHT?

Are you free from drug or alcohol dependence?

Are you Between 18 and 65 years old?

Candidates should be morbidly obese, or have a body mass index of 40 or higher or have a body mass index of 35-39.9 with one or more severe medical conditions related to morbid obesity, such as high cholesterol, hypertension, heart disease, stroke, sleep apnea, fatty liver disease, type 2 diabetes, cancer, osteoarthritis, or acid reflux disease.

HOW DO I BECOME A PATIENT?

1. VERIFY YOUR INSURANCE

Our free insurance check has helped many patients find coverage.
Go to www.DFWBI.com.

2. SCHEDULE YOUR CONSULTATION

Our doctors will help you determine which procedure is best suited to your goals and lifestyle.

3. HAVE YOUR PHYSICAL EXAM

Our clinical staff will obtain an accurate BMI and check for hernias or any existing esophageal or gastric issues.

4. MEET WITH OUR BARIATRIC COORDINATORS

Our team will explain what to expect from the surgery, discuss your pre-surgical requirements, confirm your insurance details, review your payment options, and any tests required for surgery.

5. SCHEDULE YOUR PROCEDURE

You will be able to schedule your surgery after either receiving insurance pre-approval or finalizing your self pay plan.

6. ATTEND BARIATRIC UNIVERSITY

Our educational program details what you can expect before, during and after surgery and provides post-op care instructions, suggested meal plans and recipes.

7. START PRE-SURGERY LIQUID DIET

Typically, two weeks before your surgery you will start a liquid diet to decrease the size of the liver and clean out the colon, allowing for better visualizing during surgery.

8. SURGERY DAY

After your surgery you'll be on a liquid diet. Refrain from physical activities as instructed. Join the DFW Bariatric Institute community for on-going support and encouragement.

9. START LIVING LIFE AGAIN

Keep moving and working out. Follow the prescribed diet. Continue medical follow up appointments.



DFW BARIATRIC INSTITUTE

5204 Colleyville Boulevard | Colleyville | Texas 76034
8350 Dallas Parkway, Suite 300 | Frisco | Texas 75034
(817) 583-8300 | www.DFWBI.com



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