



Congratulations! By choosing bariatric surgery, you have taken a huge step in improving your health. Next, you will commit to a series of follow-up appointments that ensure you are progressing as expected and give you the opportunity to ask questions and adjust your lifestyle for maximum health benefit. Please use this follow-up guide to assist you in your journey.

Follow-Up Appointment #1 *(approximately 1 week after surgery):*

Date: _____

What to Expect:

- A quick discussion with your surgeon about how you're feeling and your recovery.
- Incision check
- A general health check-up
- Blood work to ensure your levels are appropriate
- Expectations for your next appointment

Questions You'd Like to Ask At Your Appointment:

1. _____
2. _____
3. _____
4. _____
5. _____

Takeaways and To Dos For My Next Appointment:



Follow-Up Appointment #2 (approximately 1 month after surgery):

Date: _____

What to Expect:

You are in final recovery and while you may be losing weight, now is the time to focus on your new lifestyle and returning to work. During this visit, you can expect:

- A final check on your recovery
- Discussion about returning to work
- A general health check-up
- Blood work to ensure your levels are appropriate
- Expectations for your next appointment

How Do You Feel? *Circle All That Apply*

<i>Physical Health:</i>	Great!	Better Than Before	Tired
<i>Motivation to Change:</i>	High	Moderate	Low
<i>Have You Attended a Support Group Yet?</i>	Yes	No	
<i>Any Difficulties with The Post-Op Program?</i>	Yes	No	
<i>Have you received support from loved ones?</i>	Yes	No	

Questions You'd Like to Ask at This Appointment:

1. _____
2. _____
3. _____

Takeaways and To Dos for My Next Appointment:



Follow-Up Appointment #3 (approximately 3 months after surgery):

Date: _____

What To Expect:

The three-month mark represents a time of excitement and challenge. Your lifestyle changes will still be rather new and while you'll be losing weight, you'll also experience a few hiccups. During this appointment, you can expect:

- A general health check-up
- Blood work to ensure your levels are appropriate, especially Vitamin D
- Expectations for your next appointment

How Do You Feel? *Circle All That Apply*

Any Difficulties with The Post-Op Diet?

Yes

No

Are you keeping a diet and exercise journal?

Yes

No

Hours of Weekly Exercise: _____

Favorite Exercise: _____

Self-Image: I Feel and look great!

I'm Not Happy with myself

My Weight (This appointment) _____

Total Weight Lost: _____

Cholesterol (last appt): _____

BP (last appt): ___ / ___ Sugar: _____

Questions You'd Like to Ask at This Appointment:

1. _____

2. _____

3. _____

Takeaways and To Dos for My Next Appointment:



Follow-Up Appointment #4 (approximately 6 months after surgery):

Date: _____

What to Expect:

At six months, you will be in the swing of things. You'll have attended several support groups by now and seen real, tangible results of your surgery. At this appointment, we really want to focus on weight lost and staying on track for better health. During this appointment, you can expect:

- A general health check-up
- Blood work to ensure your levels are appropriate
- Discussion about your weight loss progress and where you can improve
- Expectations for your next appointment

My Weight (This appointment) _____ Total Weight Lost: _____

Total Excess Body Weight Loss: _____ %

Cholesterol (last appt): _____ BP (last appt): ___ / ___ Sugar: _____

Are you smoking? Yes No

Would you like to give us a testimonial? Yes No

Questions You'd Like to Ask At This Appointment:

1. _____
2. _____
3. _____

Takeaways and To Dos For My Next Appointment:



Follow-Up Appointment #5 (approximately 9 months after surgery):

Date: _____

What to Expect:

Nine months represents a routine visit to ensure you are maintaining your diet and exercise program. Please discuss any challenges you are facing and how you feel about your transformation. You can expect:

- A general health check-up
- Blood work to ensure your levels are appropriate
- Expectations for your next appointment

How Do You Feel? *Circle All That Apply*

<i>Any Difficulties with The Post-Op Diet?</i>	Yes	No	
<i>Self-Image: I Feel and look great!</i>	I'm Not Happy with myself		
<i>Motivation Level:</i>	High	Moderate	Low

Hours of Weekly Cardio: ____ *Hours of Weekly Strength Training:* ____
My Weight (This appointment) _____ *Total Weight Lost:* _____
Cholesterol (last appt): _____ *BP (last appt):* ___ / ___ *Sugar:* _____

Questions You'd Like to Ask at This Appointment:

1. _____
2. _____
3. _____

Takeaways and To Dos for My Next Appointment:



Follow-Up Appointment #6 (approximately 12 months after surgery):

Date: _____

What to Expect:

Welcome to your first surgiversary! Yes, there's a name for it! From here out, we want you to look forward to continuing the lifestyle change you learned over the past year and dedicate the upcoming year to achieving your goals and, if you so choose, helping others work toward their improved health. During this appointment, you can expect:

- A general health check-up
- Blood work to ensure your levels are appropriate
- Discussion about your weight loss progress and where you can improve
- Expectations for the next year
- Time to update your testimonial
- Congratulations from all of us at ASA!

My Weight (This appointment) _____ *Total Weight Lost:* _____

Total Excess Body Weight Loss: _____ %

Cholesterol (last appt): _____ *BP (last appt):* ___ / ___ *Sugar:* _____

Questions You'd Like to Ask at This Appointment:

1. _____
2. _____
3. _____

Takeaways and To Dos for My Next Appointment:
