



SACRAMENTO ADVANCED LAPAROSCOPIC SURGERY ASSOCIATES

**S · A · L · S · A**

Dear Patient,

Welcome to Sacramento Advanced Laparoscopic Surgery Associates (SALSA) and our Bariatric Support System, Western Obesity & Wellness (WOW).

This New Patient Guidebook will serve as your resource on your journey to Weight Loss Surgery. Every part of it is of utmost importance and we encourage you to read it two or three times, and keep it as a continual reference.

The following must be completed and received by our office prior to being scheduled for your initial consultation:

- ♦ Patient Registration Forms
- ♦ Bariatric Evaluation and Medical History Form
- ♦ Copy of your Health Insurance Card (front and back)

Once our office receives these forms, we will contact you to schedule your initial group consultation.

When attending your Initial Consultation:

You are encouraged to bring **one adult** who is important in your life. Because of the length of the consultation, and our space constraints, and as a courtesy to other patients, **children are not allowed.**

At your consultation, a photograph will be taken for your medical record, and your weight and Body Mass Index (BMI) will be recorded. *Be prepared to have your weight taken in your bare feet.*

How to get through the process quickly:

- ♦ Please refer to the last page which is your personal check off sheet. It will show you the required tests and evaluations needed prior to proceeding with surgery.
- ♦

Once your preoperative evaluation process is complete (all necessary tests, x-rays, physician assessments and results have been received in our office, and you have attended the Initial group consultation, you will meet with one our surgeons individually. At that appointment, you and a surgeon will review all of the information you have accumulated; the surgeon will then perform a physical examination, and you will have a chance to discuss all of your remaining questions and concerns.

Present this letter to your Primary Care Provider (PCP) who is usually one of the following physicians: General Practitioner, Family Practitioner, Primary Medical Doctor or Internal Medicine Physician (or Internist) and other physicians and therapists if indicated.

Dear Physician,

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

I would like to pursue an evaluation for weight loss surgery with Sacramento Advanced Laparoscopic Surgery Associates (SALSA) in order to treat the co-morbidities associated with morbid obesity. The proposed surgical procedure is either a Laparoscopic Roux-en-Y Gastric Bypass or Laparoscopic Adjustable Gastric Banding (LAP-BAND):

- The procedure is performed laparoscopically under general anesthesia.
- The procedure typically takes 30 minutes (Band) or 60 minutes (Bypass); longer if other procedures are needed.
- Patients may be discharged the day following bypass surgery, or the same day of Gastric Band surgery.
- My pre-operative oral medications may be withheld for one or more days.
- After Gastric Bypass weight loss averages almost 1 pound per day for one to two months postoperatively, then between 5 to 20 pounds each month for some time after. Patients lose an average of approximately 80% of their excess body weight by 12 to 18 months postoperatively. Weight loss after the Gastric Band is typically slower and averages approximately 50% of their excess body weight by two to three years.
- Many conditions, particularly Hypertension, Diabetes and Sleep Apnea may resolve dramatically after modest weight loss.
- Conditions requiring medications need to be monitored soon after surgery for dosage adjustment or in order to stop the medication entirely.
- Patients are routinely followed in the SALSA office one week after surgery, then at approximately one, three, six, twelve, eighteen and twenty-four months after surgery, and annually thereafter. Appropriate laboratory testing work is obtained at regular intervals and can be forwarded to your office.

Please contact SALSA at your convenience to discuss any preoperative recommendations, questions, or concerns you may have. Please forward a summary letter of my health history and active health issues that need to be addressed prior to weight loss surgery. **Please specifically state if there are no medical contraindications to the proposed weight loss surgery.** Thank you very much for your time and consideration.

Sincerely,

Donald Waldrep MD, FACS

**For Further Information You May Contact:**  
Sacramento Advanced Laparoscopic Surgery Associates/ SALSA  
2 Medical Plaza, Suite 264  
Roseville, CA 95661  
916.797.7555 / Fax 916.797.7501

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THIS CHECK-OFF SHEET IS PROVIDED SO THAT YOU MAY KEEP TRACK OF YOUR EVALUATIONS AS YOU MOVE THROUGH THIS PROCESS. PLEASE KEEP IN MIND THAT OUR PROVIDERS MAY RECOMMEND ADDITIONAL EVALUATIONS SPECIFIC TO YOUR HEALTH NEEDS.

**Primary Care Physician Evaluation with Medical History & Physical Exam Report**

**AND**

**Registered Dietician Nutritional Assessment Report**

**OR:**

**Bariatric Physician Evaluation** (Includes Medical History/Physical Exam AND Nutritional Assessment)

(A bariatrician is a medical doctor who specializes in weight loss, but is not a Bariatric Surgeon)

**YOU WILL ALSO NEED:**

**Psychological Evaluation** (within 1 yr. of surgery)

**Blood Tests** (within 6 months. of surgery; you will get a prescription for this at your first appointment with SALSA)

**Chest X-Ray** (within 1 year of surgery you will get an order for this at your first appointment with SALSA)

**EKG** (within 6 months of surgery; this should be done at your primary care doctor's office)

**One SALSA Support Group Attendance**

(within 6 months of surgery; you may attend anytime, held on the second Saturday of every month at 12:00pm at Sutter Roseville Medical Center, Second Floor – Conference Room)

**PATIENTS GREATER THAN 60 YEARS OF AGE, PATIENTS WITH A BMI GREATER THAN 60 OR IF INDICATED BY A PHYSICIAN YOU WILL ALSO NEED:**

**Pulmonologist (“Lung and Breathing” Doctor)**

**Cardiologist (“Heart” Doctor)**

**PERFORM THE FOLLOWING IF YOU HAVE A PERTINENT MEDICAL HISTORY OR IF A PHYSICIAN FEELS YOU NEED FURTHER EVALUATION IN THESE AREAS PRIOR TO WEIGHT LOSS SURGERY:**

Pulmonary (Lung or Breathing) Clearance

Cardiac (Heart) Clearance

Sleep Apnea Study Test

Heart Stress Test

Heart Angiogram

Echocardiogram

Pulmonary Function Test

Other: \_\_\_\_\_

Congratulations on taking your first step on your journey. We look forward to meeting with you soon!

Sincerely,

Donald J Waldrep, MD, FACS  
and the SALSA staff