



#### 4 Preparing for Surgery

- Start changing your exercise habits and institute a low-calorie diet now to ensure your success after surgery.
- Attend a support group session to make sure you have a strong support system before and after the big day.
- If you are a self-pay patient, your Patient Advocate will **CALL** you to schedule your pre-operative visit, educational pre-op class and surgery date once all your clearances have been met.
- If you are an insurance patient, our Patient Advocate will **CALL** you to schedule your pre-operative visit, educational pre-op class and surgery date once your insurance approval has been received.
- Attend your educational pre-operative class with the NMC Bariatric Coordinator to understand more about your new lifestyle changes and dietary requirements. **The class will be held at:**  
Pre Procedural Screening  
6130 N. La Cholla  
La Cholla Medical Plaza, Suite #121
- Attend your pre-op visit with the surgeon for final surgical clearance and instructions. Your first follow-up visit will be scheduled at this time.
- Self-pay payment including financing will be processed at your pre-op visit. Payment to NMC & SAA must be made within 48 hrs of surgery.
- Schedule your pre-admission testing.

Within 1 wk of completed clearances

Within 1 wk of insurance approval

Within 2 wks of surgery

Within 1 wk of surgery

Within 24 hrs of surgery

#### 5 After the Surgery...

- Follow all instructions given by our staff to ensure a safe and successful outcome.
- You will be contacted by the NMC Bariatric Coordinator in the days following your surgery.
- You are also encouraged to call our office at 219-8690 for non-urgent medical concerns. If you are experiencing issues of an urgent nature, please proceed to the ER or call 911. Please have the ER contact our office to notify the surgeon.
- Attend all scheduled follow up visits. Compliance with our follow up regimen is critical to long-term weight loss success. You are a patient for life!
- Get involved in our regularly scheduled support groups to stay updated on post-operative nutrition tips and exercise ideas.
- Tell us about your experience with our program. Patient satisfaction is our #1 priority and we want to hear from you! We encourage you to contact our Practice Administrator, Amy Panebianco at [amy@tucsonlaparoscopy.com](mailto:amy@tucsonlaparoscopy.com) or 219-8690 ext 303 to share feedback about your experience.