

## **Your Health Care Team**

*For patients having weight loss surgery*

*This section of the Guide to Your Weight Loss Surgery contains information about the health care providers who will be caring for you before, during, and after your surgery.*

Your health care team at University of Washington Medical Center wants your surgery and recovery to be successful. We will do everything possible to help you succeed. But you must also:

- Follow the plan we advise for you
- Let us know right away when you are having any problems
- Keep your clinic appointments

Patients who follow up with us on a regular basis have the most success after weight loss surgery. If, at any time in the future you start to have problems such as weight gain or nausea and vomiting, make sure to schedule an appointment with your surgeon or nurse practitioner to talk about your problem and get you back on track. We want the best for our patients!



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### **Members of Your Team**

While you are at the Surgical Specialties Center, you will meet these members of your health care team:

#### **Bariatric Surgeon**

You will see your surgeon at your first clinic visit, before your surgery, during your hospital stay after surgery, and at your early follow-up visits.

#### **Nurse Practitioner**

The nurse practitioner works closely with the other members of your health care team to provide care before and after surgery. You may meet

your nurse practitioner at your pre-surgery visit. During this visit, you will have a physical exam and review the results of the tests your surgeon ordered at your first clinic visit.

After surgery, your nurse practitioner will see you for many of your clinic visits, gastric band-adjustments, and annual checkups.

### **Surgical Residents, Fellows, and Medical Students**

These doctors and students are trained by your surgeons. They will provide some of your care.

### **Dietitian**

A dietitian promotes healthy eating and long-term behavior changes that will help you reach and maintain your desired weight. You and your dietitian will meet before surgery to discuss your meal plans. Your dietitian will help you prepare for your surgery and for the lifestyle changes you will need to make.

After surgery, your dietitian will meet with you at your clinic visits to help you get started on your new diet. Your dietitian will help you avoid problems with eating and food, and will develop a food plan that is right for you.

### **Social Worker**

Your social worker will meet with you during the assessment process to learn about your social situation, support system, substance abuse history, mental health issues, and eating behaviors. Your social worker will use this information to help you prepare for surgery and make the lifestyle changes you will need to put in place before surgery.

### **Registered Nurses**

Your nurse is another resource for you. Your nurse will help you prepare for surgery, talk with you about what to expect after surgery, and help you identify the lifestyle changes you will need to make to ensure that your surgery is a long-term success.

If you have any questions or concerns, call Surgical Specialties weekdays from 8 a.m. to 5 p.m., at 206-598-2274. Ask to speak with the bariatric nurse.

### **Patient Care Coordinator**

The patient care coordinator (PCC) for bariatric surgery schedules patient appointments such as the pre-anesthesia visit, checks insurance benefits, and authorizes and schedules surgeries.

### **Patient Services Specialist**

The patient services specialist (PSS) for bariatric surgery schedules patients for the bariatric seminar, new patient appointments, and all follow-up visits after surgery.

## **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Center for Bariatric  
Surgery: 206-598-2274