

KINGLEY HEALTH BARIATRICS

Pre- and Post- Surgical Program to Maximize your Success

Surgery of any kind is a serious decision. Which is why the bariatrics team at Kingley Health are dedicated to help you with the process. The team of healthcare providers represent a combination of training, expertise, and unique recognition that is unparalleled throughout New Jersey. Kingley Health partners with the top surgeons in New Jersey to help you maximize your success and improve your quality of life. We are the only facility in New Jersey that is able to provide you with the entire outpatient care needed in your journey. Studies have shown that when you embark on the journey of healthy eating and healthy activity the success rate after your surgery increases.

Pre-surgery we offer you not only the support but also the nutritional and psychological evaluations that you will need for your surgery. We also partner with many primary care physicians, in case you need one, for the medical evaluations. We will provide you with a comprehensive program consisting of:

- Visits with a Wellness Advisor to help you keep you on track and coordinate your care.
- Medical and lifestyle assessment
- Monthly support group sessions for patients and families. Speak with those that have already gone through the process.
- A comprehensive pre-operative workup
- Metabolism diagnostics that will ascertain exactly how your body consumes and burns calories
- Educational visits with a registered dietitian to prepare you for the dietary guidelines you must follow for your surgery to be effective
- Pre-surgery nutritional and psychological evaluations
- Set up your surgical evaluations. Our bariatric surgical partners perform Gastric Bypass, REALIZE Band, LAP BAND, Sleeve Gastrectomy, ROSE Procedure, Single Incision, and Capella.
- Set up your medical evaluation with your primary care physician or one of our partners.

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At Kingley Health we have complete hundreds of pre-surgical evaluations. Your bariatrics team is trained in pinpointing what the insurance companies are looking for from the evaluations and making sure you meet those requirements. If you do not, we will tell you what you need to do to qualify.

Here are some of the things that the insurance companies are looking for and we assess:

- Your medical history and lifestyle
- Your weight loss/gain history
- Your current eating habits
- Your current exercise habits
- Your mental/psychological health and any past or current diagnoses
- Your history or patterns with narcotics use
- Your support system
- Your understanding of the surgery
- Your understanding of the lifestyle changes needed for post-surgery
- Your willingness to be compliant with these changes

Post-Surgical Program

You have now had a major surgery that will alter the rest of your life. You have spent a lot of time and money. Research has shown that those who continue with a change in their lifestyle are able to reap the rewards of the surgery and can maximize their weight loss and achieve the quality of life they are looking for.

Our Bariatric Post-Operative Program is designed for exactly that - to maximize your success. It contains:

- Monitoring your social and psychological adaptations to weight loss
- Support with ongoing lifestyle changes and unresolved social issues
- Monitor your weight loss, nutrition status, and address any nutrition, psychological, and physical issues
- Educate you on the vitamins and supplements you will need to make sure you do not

become malnourished

- A physical fitness program that will tone and strengthen muscles