



# Bariatric Surgery Support Group

Meeting Held at Durbanville Medi Clinic, Wellington rd, Durbanville

Date: 30.07.19 at 6:00pm

Please save my cell number on your phone in order to receive any broadcast messages from me: 073 141 2580 – Bambine

## Information and Notes

As noted down in my non-professional understanding of everything discussed at the meeting. 😊



As some of you will know, this Bariatric Support group was started many years ago (in 2008). There are some other support groups in the Western Cape who gives support to patients by other surgeons. We would just like to stress that our particular support group is exclusively for patients of Dr. Potgieter and Dr. Swanepoel only. Please feel free to invite anyone you might know that are interested in this procedure to come and find out more information, they are very welcome to do so... The support after surgery is only for Dr. Swanepoel and Dr. Potgieters patients.

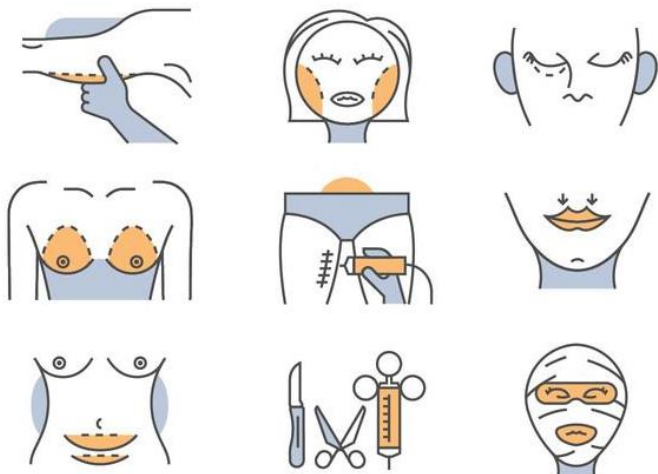
Meeting attended by Dr Swanepoel and Committee members: Collette and Bambine (073-141-2580). We had Dr Swanepoel introduce our guest speaker **DR. DÉHAN STRÜWIG**. Plastic and Reconstructive Surgeon. We had a great turnout and as always welcomed some new members.

Dr. Struwig had us all in 'stitches' with his great sense of humour and had us all hanging on his every word. Below is a little of what he spoke about:



### Realities of body contouring surgery:

- Could possibly need multiple surgeries
- Multiple days in hospital
- It could take years for scars to fade
- High costs
- There could be complications
- Might need revision surgery

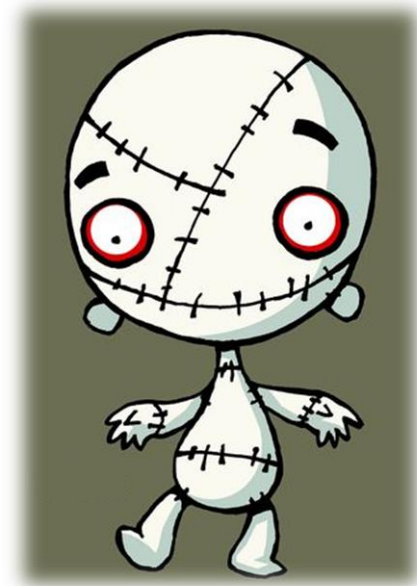


### Factors that influence surgery:

- Age
- Skin elasticity
- How much weight was lost
- How many times weight was lost and gained
- Smoking
- Sun exposure
- Skin type
- Complications of bariatric surgery

### Steps to success:

- Exercise
- Improve protein intake for improved healing after surgery
- Possible complications:
- Unfavourable scarring
- Bleeding
- Infection
- Fluid accumulation
- Poor wound healing
- Skin loss
- Blood clots
- Changes in skin sensation
- Anaesthesia risks
- Bruising
- Prolonged swelling
- Fat necrosis
- Major wound dehiscence (/di:'hɪs(ə)ns/ noun - the splitting or bursting open of a pod or wound)
- Asymetry
- Recurrent looseness of skin
- Pain
- DVT, cardiac and pulmonary complications
- Possibility of additional revision surgery is high
- Final results after body contouring can take long



### Costs:

- Consultations
- Hospital
- Surgeon
- And much more...



Don't have unrealistic body goals, all body shapes are different and results differ with each body type and shape.

Thank you to all those who attended the meeting. [NEXT MEETING: 20<sup>th</sup> August at the 3rd floor Boardroom, Medpark 2 - N1 City rooms](#)



Feedback always appreciated on any issues discussed at the meeting and or questions anyone might have. [bambinerogers@gmail.com](mailto:bambinerogers@gmail.com)

073 141 2580