



Hi there

Now that you have taken the first step at looking into weight loss surgery, please read below a little bit of extra information that will guide you along. Please know that there is a great support system for Pre Op and Post Op Bariatric patients.

You are in great hands whichever surgeon you have chosen to work with (Dr. Potgieter or Dr. Swanepoel).

The Bariatric committee consists of patients who have had the Bypass surgery, some more than 10 years ago.

The support group as well as the committee are there to assist with any questions, fears and encouragement that we are able to help with. We do not like to give medical help (Please contact your surgeons office for medical questions), but you are welcome to ask any questions you may have and someone might be able to share their experience with you - This is what the support group meetings are all about - Support and encouragement.

We get together once a month and discuss any questions and concerns you might have, we sometimes have guest speakers to come and talk to us as a group, e.g. Image consultants, Dietitians, Psychologists, Plastic surgeons and many more. Suggestions are also welcome and we will see what we can arrange.

We have a very private Facebook group that lends a lot of support to a lot of members. Contact Bambine in order to be added to any of these: Support group, database, the Facebook group and the broadcast Whats App group. You will be added to the communications database once you have completed the following online form. <https://forms.gle/2KNp2fPQVUarN7rGA>

COMMITTEE

- *Bambine: 073 141 2580 – Save this number on your phone in order to receive any broadcast notices
- *Collette: 082 443 0401
- *Rhine: 071 418 8068

We look forward to seeing you at our meetings soon.

Kind Regards

From the Bariatric Surgery Support Committee



Rhine



Bambine



Collette

Meetings will take place in the ZOOM room!

2021
Meeting
dates

July 27th
August 31st
September 28th
October 26th
November 30th

Meetings start promptly at 18:00 -19:30

Zoom room details will be sent out a few days before the meeting.