

Preparation and Follow-Up are Key to Successful Weight Loss Surgery

Written by Australian Business

LOS ANGELES, Feb. 7, 2014 /PRNewswire/ -- Where patients receive bariatric surgery matters a great deal, whether it's a gastric sleeve, bypass, or [lap band](#).

[Beverly Hills](#)

Physicians know that, just as important as the medical details of surgery, the right kind of preparation and post-surgical follow-through is crucial to the long term success of a procedure.

In fact, the path to

[weight loss surgery](#)

begins well before a person actually has the operation and never actually ends – the whole point of the procedure is a lifelong change in dietary and other health habits. Finding the kind of care that will extend well after the immediate outcome of the surgery may ultimately be an even more important decision than whether to receive a

[gastric sleeve](#)

, lap band, etc.

Of course, the caliber of the physician is absolutely crucial. Beverly Hills Physicians is the home of many of the finest weight loss surgeons working in Southern California and the Greater Los Angeles

area. In addition to their medical skills and surgical abilities, they are also thorough communicators. Before an operation, they are careful to make sure that patients have an extremely clear and realistic picture of what to expect following a procedure.

Beverly Hills Physicians doctors are careful to remind patients that no surgery is a magic bullet, and forging a new relationship with food is absolutely central to their long term health. At the same time, weight loss surgeries are extremely effective in terms of reducing the constant cravings for food that make long-term, significant change difficult, if not impossible, for so many people. It's just a matter of patients learning the new habits they need to make their weight loss effective and permanent over the long term.

While the medical group's bariatric surgeons provide outstanding care after the operations, patient follow-up with BHP also allows for the guidance of outstanding nutritionists and therapists. These professionals specialize in working with bariatric patients, so they understand the very particular issues commonly faced by post-operative weight loss patients. These include adjusting to a post-bariatric body and maintaining a healthy eating schedule with smaller portions at more frequent intervals.

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Another longer term issue that sometimes arises following a very successful bariatric procedure is that excess folds of skin can appear where large fat deposits formerly existed. In those instances, Beverly Hills Physicians patients can take advantage of the group's pool of superb plastic surgeons, highly experienced with tummy tucks, brachioplasty, and other highly effective body contouring procedures. These superb plastic surgeons are highly skilled at helping patients make the most of their new, post-weight loss bodies.

Experts on weight loss and bariatric procedures agree that preparation and follow-up are crucial to the long-term success of weight loss procedures – and the BHP difference is based on our commitment to making sure that our care for patients continues for as long as it's required. If you're ready to start a life that is both happier and healthier Beverly Hills Physicians, call 800-788-1416 today. The medical group's friendly and professional staff members look forward to helping you get started on your weight loss journey. You can also visit BHP at www.beverlyhillsphysicians.com

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