

Things Patients Wish they Knew Before Bariotric Surgery:

- The mental component is a big component!
- You can have a moment of "buyer's remorse", questioning or regretting your decision.
- You might feel depressed or anxious for some time due to the change in daily activities and social interactions while you're healing.
- You might miss or mourn certain foods or eating large quantities of food at a time.
- It can be hard to see others eat. Family and social eating environments can pose a challenge to stick to the new regimen.
- Weight loss will slow with time, you can hit some plateaus.
- People might notice or comment on your new habits, lifestyle, and new appearance.
- People might treat you differently.
- Physical downsides could include acid reflux, loose skin, and hair loss.
- Your identity might not seem fitting when you lose weight.
- Relationships can change.
- You might not see your weight loss, and continue to see yourself as overweight.

Things patients found out after surgery:

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- Good mental skills can be developed, and they help!
- When you make the proper dietary and lifestyle changes, surgery can be one of 'the best things that's happened to you'.
- Taste buds change and can be trained. You might learn to like new, healthy foods. You will likely feel satisfied with a small portion of food.
- Family members and friends might be inspired and also adapt to a healthier lifestyle.
- With proper diet, exercise, and your smaller stomach, your body will find its healthy weight.
- People are usually supportive and understanding of this journey.
- People tend to treat you better when you put your best foot forward.
- A healthy diet, eating slowly, eliminating trigger foods, taking vitamins, staying hydrated, and getting enough protein can minimize acid reflux, loose skin, and hair loss.
- Your self-esteem is likely to improve.
- Your health will improve, energy, mobility, you might cut down or eliminate health problems and medications.
- Relationships can improve. When you get healthier, strong relationships can flourish, and you will have less tolerance for toxic relationships.
- Even if it takes time, you will have a lot to enjoy and be proud of.

