



Frequently Asked Questions

How long are the wait times? Wait time is typically 4 weeks from referral to orientation. You can start the program in less than one month.

How long until I can have the surgery? Once you have been accepted into the program and completed all of the steps in the process, the time to surgery is typically between three and nine months.

Is the surgery covered by OHIP? Yes. The surgery and all of the pre-op and post-op appointments are covered by OHIP.

Are there any other costs? The only out-of-pocket expenses are for OPTIFast which is \$68.60/week for one to four weeks, supplemental vitamins around \$20/month, and a Proton Pump Inhibitor around \$120/month for six months. (Costs subject to change.)

What kind of surgery is it? Either a gastric bypass or a vertical sleeve. The type of surgery will be determined by the bariatric surgeon. Both surgeries are laparoscopic — this means they are performed without having to make large incisions. It is minimally invasive.

Will I have scarring? As the procedure is performed laparoscopically, you will have very little scarring and a faster recovery time.

Is the surgery dangerous? The surgery has been classified as very low-risk with a mortality rate of 0.03%.

How long does the surgery take? The surgery is 1.5 to 2 hours long. Typically, you will only have one overnight stay.

Will I be in a lot of pain after surgery? Our patients generally report experiencing only minor pain, and most post-operative pain is managed by over-the-counter medicine (acetaminophen).

How successful are the outcomes? The outcomes are extremely successful. We have successfully treated thousands of patients and are proud to report that 94% of patients achieve greater than 20% weight loss in the first year and 86% maintain this level of weight loss in the long-term.

Medical Program Frequently Asked Questions

Do I start the meal replacements when I am referred? No. You will receive information at your first group session about when you will start the meal replacement shakes and where/how you get the shake prescription. Meal replacement shakes are started at week three.

When can I start the program? We are funded for 100 patients each year. We offer two class starts each year - one in the spring and one in the fall. Each class has around 50 patients.

Is there a wait list? Yes. Currently it is approximately 1 year wait from referral to start date (first group session)

How much do the meal replacements cost? The cost to patient is \$ 68.60 each week. If you are on Ontario Disability Support Program (ODSP) / Ontario Works (OW), they may help cover the cost.

How much weight will I lose? Every patient is different, but information collected from past patients, shows that patients can maintain a loss of approximately 5-10%. (i.e. If you start the program at 200 lbs, this is around 10-20 lbs)