

New Hope News

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Getting Closer to Plastic Surgery—Do You Have Your Question List Ready?

Special quote of the month:

• *Alone, we can do so little; together we can do so much.*

—Helen Keller

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After a considerable amount of weight loss after your surgery, you may have been brought closer to reconstructive surgery.

When your weight loss goal has been achieved you may need reconstructive surgery to remove excessive skin or get certain “lifts” and other tucks.

However, when you do reach this point, it is important to bring a checklist of questions that can help ensure the safety and quality of your procedure.

Some questions may include:

- **Are you certified by the American Board of Plastic Surgery?**

Be sure to ask by which board they are certified with.

- **Where will you perform my surgery?**

Some procedures can be done in their office, if it is office-based. They might also have privileges in different facilities.

Choose a facility that is more comfortable for you.

- **How many procedures of this type have you performed?**

You also might feel more comfortable to see certificates of training or even before and after pictures of their operations.

You want a surgeon who has had the best experience.

- **What are the risks involved with the procedure?**

With any surgical procedure, there are some risks. Find out what they may include, how often they might occur, and how they will be handled if they do

occur.

- **What is the expected recovery time?**

This is a good question to ask if you need babysit-

ters, knowing when to resume to work, what type of exercise or movement is okay, and so forth.

- **How much will the surgery cost?**

Is this something insurance will cover, and if so, how much? You want to be as well informed as you can possibly be, just so there aren't any surprise bills coming your way.

Costs include the surgeon's fee and fees for the surgical facility and anesthesia.

Other possible costs are the preoperative physical and blood work, medications, and surgical garments.

After your questions have been answered and your consultation is done, before you proceed with another surgery, make sure you are comfortable with how all your questions were answered.

Also essential, ask yourself: **Am I comfortable with the surgeon and the facility?**



Pregnancy After Weight Loss Surgery

Most women who suffer from morbid obesity are usually infertile.

When morbidly obese women become pregnant, they are considered to obtain a high risk pregnancy due to hypertension, diabetes, and other risk factors.

However, when one goes through bariatric surgery and there is great weight reduction, as well already know, it also reduces the severity of related co-morbidities.

It also increases the chance of pregnancy.

Yet, pregnancy after bariatric surgery can be safely undertaken. But pregnancy is *only* recommended once a stable weight has been achieved, which is typically 12-18 months after one's weight loss surgery.

It is suggested that one does not conceive before the first year because of great possibilities for nutritional stress for both the mother and baby.

Pregnancy before the first year is not considered the best idea in the

world just because during this time, bariatric patients are consuming very small amounts of food. Furthermore, they are on quite a steep weight loss curve.

Other concerns include the mother and baby becoming unhealthy in this relative starvation mode, and the overall weight loss may not be as much as anticipated postpartum.

However, pregnancy after bari-

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atric surgery creates a much less risk of gestational diabetes, macrosomia, and cesarian section. Yet, it's still very important to routinely test for gestational diabetes.

When one does become pregnant, it is essential to remember that

vitamin and mineral supplements must be taken and to follow up with good medical and pre-natal care.

Pre-natal vitamins should be taken in addition to the already prescribed vitamin supplementation-not instead of that supplementation.



Also to be followed, eat protein first as usual. Eat two to four high-protein, well-balanced meals per day. Do not eat six or more small meals each day.

This should be avoided because this behavior can turn into the habit grazing postpartum. Grazing will sabotage the overall success of one's weight loss surgery.

Having a baby is a great thing, just be sure to take care of yourself and the baby with good nutrition and consistent follow up visits.

Recipe of the Month—Chicken Fajitas

To make a delicious batch of chicken fajitas, you can first start off by gathering the following ingredients:

**1/4 pound of boneless, skinless, thin chicken strips

**1/2 fresh, green bell pepper, seeded and also cut into very thin strips

**1/2 small red onion, chopped

**1/2 clove garlic, chopped

**1/2 tsp. Fajita Seasoning or Oregano

**2 tablespoons olive oil (will be put into mix at different times)

**Sour cream (optional)

**Shredded Cheese (optional)

**Salsa (optional)

Next, in a bowl, toss together all ingredients (except for the bell peppers and the 1 tablespoon of

olive oil).

Heat the ingredients in a non-stick skillet over medium-high heat with the 1 tablespoon of Olive oil.

Spread the chicken evenly and toss it quickly and frequently until cooked.

Then, add the bell peppers and toss. Cover the chicken fajitas for 4-5 minutes.

You may then serve with salsa, sour cream, and cheese if you like. That's it, you have just made great chicken fajitas. Now, it's time to enjoy them!