Agreement Letter - Plan for Success

I understand that my long-term success after weight loss surgery will be heavily determined by my life-long commitment and compliance; and therefore I agree to:

1. Maintain a healthy diet, including nutritional guidelines, portion control, fluid intake and vitamin and supplements as recommended by the Center for Weight Management (CWM) and as described in my Owner’s Manual.

2. Maintain an adequate level of exercise and physical activity.

3. Regularly attend Support Group meetings hosted by CWM for at least one year after my surgery.

4. Keep all post-operative and follow up office visits with the CWM and any other specialists participating in my care as described in my Owner’s Manual.

5. Seek out additional support and education as needed from my surgeon and other medical professionals, friends and/or family and/or through group or one-on-one counseling or therapy.

6. Maintain personal accountability for myself and my body, including limiting or eliminating alcohol consumption, smoking and the use of tobacco products.

7. Refrain from consuming alcohol for at least 12 months following surgery. After the 12 month period, an occasional alcoholic beverage is acceptable if desired. Alcohol is toxic to the liver. The combination of alcohol and rapid weight loss can cause undue stress on the liver and increase the likelihood for potentially fatal liver damage. Bariatric surgery greatly increases the effects of alcohol and its toxicity.

Patient’s Name (Print) : ______________________________ Signature: ___________________________ Date : _______________