



Your Bariatric Surgery Timeline

This timeline guides you through every step of your bariatric surgery journey, from initial consultations to post-operative care.

MONTH 1	• Surgeon Visit 1 Nutritionist Visit 1 • Sleep Medicine Visit 1 month 1-2 • In-Person Psychiatry Visit 1 month 1-2
MONTH 2	• Nutritionist Visit 2 month 2-3
MONTH 3	• Virtual/Telephone Psychiatry Visit 2 month 3-4 • Surgeon Visit 2 • Nutritionist Visit 3 month 3-4
MONTH 5	• Virtual/Telephone Psychiatry Visit 3 month 5-6 • Nutritionist Visit 4 month 5-6
MONTH 6	• Surgeon Visit 3 • 2-Week Liver Reduction Diet Begins 2 weeks before surgery date • DAY OF SURGERY MONTH 6-7
AFTER SURGERY	• Surgeon Follow-Up 2-3 weeks • Post-Op Nutritionist Visit 1 month post op • Post-Op Sleep Medicine Visit 1-2 months post op • Post-Op Psychiatry Visit 1-2 months post op • Surgeon Follow-Up 3 months post op