



Kent C. Sasse, M.D.,

MPH, FACS, FACRS

Pathway to Surgery

Congratulations on taking your first step towards a more healthy and active lifestyle!

At Kent Sasse, MD & Surgical Associates we understand that deciding on having weight loss surgery is a very big decision. Our program is designed to help guide you in making a well informed surgical assessment. Our Pathway to Surgery is a guide in the bariatric process. This can be overwhelming, so please call or email our office at www.info@sassesurgical.com with any questions or concerns.

Seminar

The first part in the bariatric surgical process is to attend a free educational seminar. At this seminar Dr. Kent Sasse will speak about the bariatric surgical operations we offer along with the risks and benefits of each. This seminar will enlighten you on all of the updated statistics of bariatric surgery and help ease your mind of any questions or concerns. Other topics that will be discussed are the self pay options, insurance requirements, and the required evaluations and meetings in order to get to surgery.

Consultation

Your consultation will consist of a meeting with Dr Kent Sasse to go over your health history and to help guide you to the surgery of your choice with emphasis on achieving your health goals. At this time you will also meet with one of our staff members to go over your estimated out-of-pocket expense and to schedule the items on your checklist. Our goal is for you to feel completely comfortable and organized during this process.

Pre –Operative Surgical Requirements

Checking for Insurance Coverage

The following is a checklist you can use to ensure you have the information needed to obtain insurance approval.

Benefits: Check your benefits. Call the customer service number at your insurance company, and ask for the benefits departments. Ask if you have benefits for bariatric surgery. This information can also be found written in your handbook policy on the exclusions page. You may be asked for CPT Codes, which are:

- Gastric Banding – 43770
- Gastric Bypass – 43644
- Sleeve Gastrectomy - 43775



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Psychological Evaluation

A Mental Health Evaluation is an essential part of preparing for weight loss surgery. The importance of obtaining a thorough psychological evaluation cannot be understated. Many insurance companies require an evaluation for benefits and our surgeon requires one for all patients. We have a Psychological

Evaluator on staff for your convenience. If you prefer to have this scheduled with our office, please email www.info@sassesurgical.com. Our evaluator may or may not be contracted with your insurance. If not, you will be responsible for the self pay cost. We will advise you of any out-of-pocket prior to this appointment.

If you would like to expedite this process you may look at our [List of Mental Health Providers](#) to make an appointment with a provider that has worked with our facility and is aware of the requirements. We have included providers from the outlying areas as well. If you are out of state and would like to have this done prior to your consultation you may. Please take the [Mental Health Outline](#) to your visit. You may schedule this at any time.

You may also look at your own Provider list from your insurance to find a contracted evaluator.

Nutrition Evaluation

A Nutrition Evaluation is an essential part of preparing for weight loss surgery. The importance of obtaining a thorough assessment is important for your weight loss success. Many insurance companies require an evaluation for benefits and our surgeon requires one for all patients. We have a Registered Dietician on staff for your convenience. If you prefer to have this scheduled with our office, please email www.info@sassesurgical.com. Our evaluator may or may not be contracted with your insurance. If not, you will be responsible for the self pay cost. We will advise you of any out-of-pocket prior to this appointment.

If you would like to expedite this process you may look at our [List of Nutritional Providers](#) to make an appointment with a provider that has worked with our facility and is aware of the requirements. We have included providers from the outlying areas as well. If you are out of state and would like to have this done prior to your consultation you may. Please take the [Nutritional Outline](#) with you to your visit. You may schedule this at any time.

You can also look at your own Provider list from your insurance to find a contracted evaluator.

Primary Care Physicians Role

Most likely your Primary Care Physician has referred you to our facility and encourages you to have bariatric surgery. It is suggested that you have one visit with you primary care physician within six months of having weight loss surgery. Now is a great time to make an appointment if you do not have a recent visit on file. We prefer all Primary Care Physicians to send in a [Letter of Support](#)/or copy of most current office note along with one year of the medical records. Please take this [Medical Records Release](#) form to their office in order to have these records faxed or mailed to our office.



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Support Group Attendance

We ask all of our patients to attend one Support Group meeting prior to surgery. This may be done in your local area or with our facility. This meeting is at no additional cost and may be done at anytime. Please take this Support Group Voucher to your meeting and have the leader fax this back to 775-829-7970.

We also feel that support can be found in many different ways. Dr. Kent Sasse has written many educational books and created audio tapes in order for you to have access to a reliable source.

Bariatric Nutrition

This is a class that will be attended in our office. It can be scheduled in conjunction with your consultation. This class will go over your preoperative liquid diet, preoperative weight loss requirement, and the dietary changes that will need to be implemented for the success of your bariatric surgery.

Diagnostic Testing

All of our bariatric patients will be required to have an Upper GI. This testing can be ordered once seen in the office. If your goal is to expedite this process, you may have your primary care physician order this testing and have the results sent over to our office.

Possible Weight Loss Program

Your insurance may require a Physician Supervised Weight Loss Program. This mandatory program can be anywhere between 3-6 months. If this is one of your requirements, you can take the 3 Month Supervised Weight Loss Outline or the 6 Month Weight Loss Program Outline to your primary care physician in order to help guide your physician in expediting this process. Please note you must have the total of required months consecutive, without significant gaps - meaning no more than one month missed. This must also be done within the most recent 24 months. Anything completed earlier than this will not be accepted by your insurance.

You may also complete your Physician Supervised Weight Loss Program here in our office through iMetabolic. Please get in touch with our office at 775-829-7999 to go over the details.