

MEDICAL WEIGHT LOSS PROGRAM

PRE AND POST CARE

The purpose of medical weight loss programs is to aid individuals in attaining their weight loss goals under medical supervision. These programs often include a combination of prescription medications, lifestyle changes, and nutritional guidance to promote effective and sustainable weight loss. With medical weight loss, you can lose excess weight safely and effectively even if you suffer from health concerns associated with excessive weight, such as obesity, diabetes, or hypertension.

Results from medical weight loss programs can vary depending on individual adherence to the plan and the specific treatments involved. Typically, noticeable weight loss occurs within the first few weeks to months, with sustained results achievable through ongoing medical guidance and lifestyle adjustments.

Following pre- and post-program care instructions ensures optimal results and minimizes potential complications. Please contact our clinic for personalized advice if you have any questions or concerns.

Pre-Treatment Care

- **Consult with your doctor:** Schedule a comprehensive medical evaluation to assess your health and suitability for the weight loss program.
- **Follow a balanced diet:** Eat healthy and nutritious meals in the weeks before your program to prepare your body for the upcoming changes.
- **Stay hydrated:** Drink plenty of water daily to support your metabolism and overall well-being.
- **Avoid alcohol:** Refrain from alcohol consumption for 24 hours before starting your program, as it can interfere with medications and hinder weight loss progress.
- **Discontinue certain medications:** Consult your healthcare provider about any medications or supplements you should avoid before beginning treatment.
- **Set realistic goals:** To maintain motivation throughout the program, you must clearly understand your weight loss goals and expectations.

Post-Treatment Care

For long-term success, it is critical to maintain healthy habits after you have completed a medical weight loss program. Follow these post-program care tips to stay on track:

- **Adopt a sustainable diet:** Stick to a balanced, nutrient-rich diet to maintain your weight loss and avoid regaining pounds.
- **Continue physical activity:** Incorporate regular exercise into your routine to support weight maintenance and improve overall health.
- **Monitor your progress:** Review your progress regularly with your medical provider so that you can adjust your plan if necessary.
- **Stay hydrated:** Keep drinking plenty of water each day to support your body's metabolic processes.
- **Avoid alcohol and tobacco:** Limiting alcohol and tobacco use post-program can support ongoing health improvements and weight maintenance.
- **Prioritize mental health:** Weight loss can be a significant lifestyle change, so focus on your mental well-being and seek support if needed.
- **Attend follow-up appointments:** Continue regular follow-ups with your healthcare provider to ensure long-term success and address any concerns.

If you have any questions or need further guidance about your pre- or post-care routine, please feel free to contact us. You can count on us for weight loss support and maintenance.