



# After Surgery Follow-up Timeline

**Week 1:** Follow-up with Physician Assistant or Surgeon for wound check

**Month 1:** Follow-up with Physician Assistant or Surgeon, Dietitian, and Exercise Trainer  
*Please bring your one-week food diary to this appointment*

**Month 2:** Follow-up with Dietitian and Exercise Trainer  
*Please bring your one-week food diary to this appointment*

**Month 3:** Follow-up with Physician Assistant/Labs (if needed), Dietitian, and Exercise Trainer  
*Please bring your one-week food diary to this appointment*

**Month 4:** Follow-up with Dietitian and Exercise Trainer  
*Please bring your one-week food diary to this appointment*

**Month 5:** Follow-up with Dietitian and Exercise Trainer and Follow-up Class: *Mind/Body Connection & How it Effects Post-Operative Success*  
*Please bring your one-week food diary to this appointment*

**Month 6:** Follow-up with Physician Assistant/Labs, Dietitian and Exercise Trainer  
*Please bring your one- week food diary to this appointment*

**Month 7:** Follow-up with Exercise Trainer and Dietitian and Metabolic re-test  
*Please bring your one- week food diary to this appointment*

**Month 8:** Follow-up with Exercise Trainer

**Month 9:** Follow-up with Physician Assistant/Labs (if needed), Dietitian, and Exercise Trainer  
*Please bring your one- week food diary to this appointment*

**Month 10:** Follow-up with Exercise Trainer

**Month 11:** Follow-up with the Dietitian and Exercise Trainer  
*Please bring your one- week food diary to this appointment*

**Month 12:** Follow-up with Physician Assistant/Labs and Exercise Trainer

**Yearly:** Follow-up with Physician or Physician Assistant/Labs

*\*Please remember that the education fee you pay at the time of surgery covers visits with the dietitian and exercise trainers. You can utilize these services more often than the appointments listed on this follow-up timeline and beyond your first year of surgery as well.*