

REFINING AND REDEFINING PLASTIC SURGERY

ENDOSCOPIC SLEEVE GASTROPLASTY



VIVARI
AESTHETICS

Institute of Surgical Excellence

VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done, with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our patients, are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards, with a lift for convenient and easy access to and from the hotel rooms.

CONSULTATION

At Vivari Aesthetics, we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason, we have set aside specific days for surgeons to consult with them and respond to any of their queries, which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



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ENDOSCOPIC SLEEVE GASTROPLASTY

OVERVIEW

Endoscopic sleeve gastroplasty (ESG) is a newer type of weight-loss treatment. It reduces the size of your stomach without the need for surgery.

It is performed using a camera inserted through the mouth to the stomach (endoscopy). This procedure may be an option if you are very overweight. Suitable candidates will usually have a body mass index of 30 or more. If diet and exercise haven't worked for you, it could be the next step.

Whatever your reasons, we're here to listen. By choosing Vivari Aesthetics, you'll get a more complete, compassionate, and connected kind of care.

Our specialist weight-loss team takes the time to understand your concerns. They will talk you through all the available options and answer your questions. You will have your own personalised weight-loss management plan for the best long-term results.

WHY CHOOSE VIVARI AESTHETICS

EXCELLENCE IN ONE PLACE

We operate as teams of experts with world-class resources dedicated to maintaining the highest standards of medical care. You are surrounded by the latest treatments and advice with everything you need to get back to your best health.

PERSONAL CARE, EVERY TIME

Exceptional patient care is a way of life for us. Our nurses, clinicians and support teams are dedicated to the care of a very small number of patients, so have more time for you. They'll be with you every step of the way, tailoring your care around you and giving the peace-of-mind that comes with knowing you're in the best hands.

EFFORTLESSLY SIMPLE

We work together as one, to guide you through each step of your experience, with complexities unravelled and answers readily to hand. Your personal treatment plan will be laid out for you, with all the details taken care of so you can focus on you.

YOUR TREATMENT PACKAGE WILL INCLUDE:

- Enhanced pre-admission assessment.
- Your treatment with our complete care team at your fingertips.
- Personalised aftercare and follow-up.

HOW DOES AN ENDOSCOPIC SLEEVE GASTROPLASTY WORK?

An endoscopic sleeve gastroplasty works by reducing the size of your stomach. You should feel satisfied with smaller portions of food. This helps you to lose weight and maintain your results.

The treatment is performed with you asleep (under general anaesthesia) using an endoscope. This is a flexible tube with a camera and a specialist stitching device. It is inserted gently down your throat and into the stomach.

The tiny camera allows your consultant to see inside your stomach without incisions. They will make a row of approximately 12 stitches.

The stitches will change the structure of your stomach so that it is shaped like a tube. This restricts the number of calories your body absorbs. It essentially mimics a traditional gastric sleeve.

The procedure takes about 90 minutes. You will wake up in a recovery room where your care team will monitor you.

After you wake up from the medication given to you during surgery, you'll typically stay for 1 night and go home the next day.

WHAT ARE THE BENEFITS OF AN ENDOSCOPIC SLEEVE GASTROPLASTY?

There are many benefits of having an endoscopic sleeve gastroplasty over surgery. These benefits include:

- Safer and less invasive procedure.
- Less pain.
- Reduced risk of infection.
- No obvious abdominal scars.
- Shorter recovery period.
- No hospital stay.

An endoscopic sleeve gastroplasty reduces the size of your stomach. It can lead to significant weight loss by limiting how much you can eat.

The procedure does not require cuts to be made on your abdomen (tummy), which can reduce the risk of complications.

An endoscopic sleeve gastroplasty is often cheaper than other forms of weight-loss surgery.

To lose weight and maintain your weight loss after having this procedure, you will have to eat a healthy diet and take regular exercise.

Maintaining a healthy weight can lead to a new lease of life and more confidence in your appearance. It can give you more energy and freedom to enjoy the things you want to do, with the people you love the most.

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WHO IS SUITABLE FOR AN ENDOSCOPIC SLEEVE GASTROPLASTY?

An endoscopic sleeve gastroplasty may be an option if you aren't suitable for surgery. You will need to have a body mass index (BMI) of above 30.

It is important to consider that it might not be suitable for everyone who is overweight. You must be willing to commit to a total lifestyle change.

Endoscopic sleeve gastroplasty isn't appropriate if you've had:

- Gastrointestinal bleeding.
- A hiatal hernia larger than 3cm.
- Prior stomach surgery.

Endoscopic sleeve gastroplasty is a newer procedure, so it might not be covered by your medical aid.

WHAT ARE THE RISKS OF HAVING AN ENDOSCOPIC SLEEVE GASTROPLASTY?

In early studies on endoscopic sleeve gastroplasty, the procedure is considered to be safe.

Pain and nausea may occur for several days after the procedure. These symptoms are usually tolerated well with medication. Most people feel better after two days.

Although it's not designed to be a temporary procedure, an endoscopic sleeve gastroplasty can be reversed. In some cases, it can also be converted to other forms of weight-loss surgery.

WHAT ARE THE TYPICAL RESULTS OF AN ENDOSCOPIC SLEEVE GASTROPLASTY?

The amount of weight you lose also depends on how much you change your lifestyle.

A recent study of people with an average BMI of 38 found it led to an average weight loss of 39 pounds (17 kilograms). This was reported after 6 months.

After 12 months, weight loss was around 42 pounds (19 kilograms).

In a study of people with a BMI of about 45, it resulted in an average weight loss of about 73 pounds (33 kilograms) during the first six months.

VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA	
REFRESH	One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
REVIVE	Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
RENEW	Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*
* Please note that packages exclude incidentals like drinks and any additional spa treatments.	





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Vivari Hotel and Spa
PO Box 576 Featherbrooke 1739
1 Riviera Lane Featherbrooke Ext 8 Johannesburg 1732 South Africa
Telephone +27 (0)10 594 4100
info@vivariaesthetics.co.za vivarihotel.co.za