

360 Complete Care

Comprehensive 6-Year
Aftercare Program



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Table of Contents

- 360 Complete Care
- Meet Our Team
- Aftercare Structure
- Surgeon Support
- Dietitian Support
- Comprehensive 6-Month Follow-up
- Bariatric Tracking App
- Contact Us

360 Complete



6 Years of Aftercare

Discover unparalleled support with our '6-Year Aftercare Program,' renowned as one of the longest and most comprehensive sleeve aftercare programs available. Guiding you beyond surgery, we provide tailored support and resources for six years, ensuring your long-term weight loss success.



Frequent Touch Points

Staying connected is key to your success. Our aftercare program includes regular check-ins with our team of nurses, dietitians, and surgeons. These touch points offer timely support, allowing you to discuss progress, address concerns, and get expert advice throughout your post-operative journey.



One-on-One Surgeon Support

Understanding that each patient's path to health is unique, our aftercare program prioritizes individualized support. We recognize that your needs, challenges, and successes are personal, and our team is dedicated to crafting a plan that aligns with your specific goals and circumstances. From dietary guidance to lifestyle adjustments, our approach is tailored to maximize your post-surgery experience.



Personalized Dietitian Support

Our bariatric dietitian offers personalized support to help you achieve your health goals. They'll create a tailored nutrition plan, guide you on portion control, and provide ongoing assistance after surgery. With their expertise, you'll develop healthy eating habits for long-term success.



360 Facebook Support Group

Community is vital for lasting success. Join our Facebook Support Group to connect with fellow patients, share experiences, and get insights from those who understand your journey. This virtual community is a valuable resource for encouragement, motivation, exchanging tips, and fostering camaraderie throughout your aftercare experience.



Comprehensive Health Evaluations*

We provide detailed health evaluations, advanced body composition analysis, and thorough blood work to ensure your progress is optimal and your essential markers are balanced.

*Recommended at 6-months, and annually.



Virtual Weight Tracking Tools

We know keeping track of your progress matters. We offer the Baritastic app to easily monitor and record your weight remotely. This helps us assess your journey accurately and make timely adjustments. The user-friendly tool boosts the efficiency of our aftercare program, giving you an active role in managing your ongoing health.

Meet Our 360 Care Team

Dr. Kashif Irshad

Bariatric Surgeon &
Obesity Medicine
Specialist



Dr. Ali Hazrati

Bariatric Surgeon &
Obesity Medicine
Specialist



Dr. Magdi Gaid

Anesthesiologist



Yolanda Albino

Bariatric Nurse



Alina Tsymbalarou

Clinic Manager



Estefania Matar

Bariatric Nutritionist



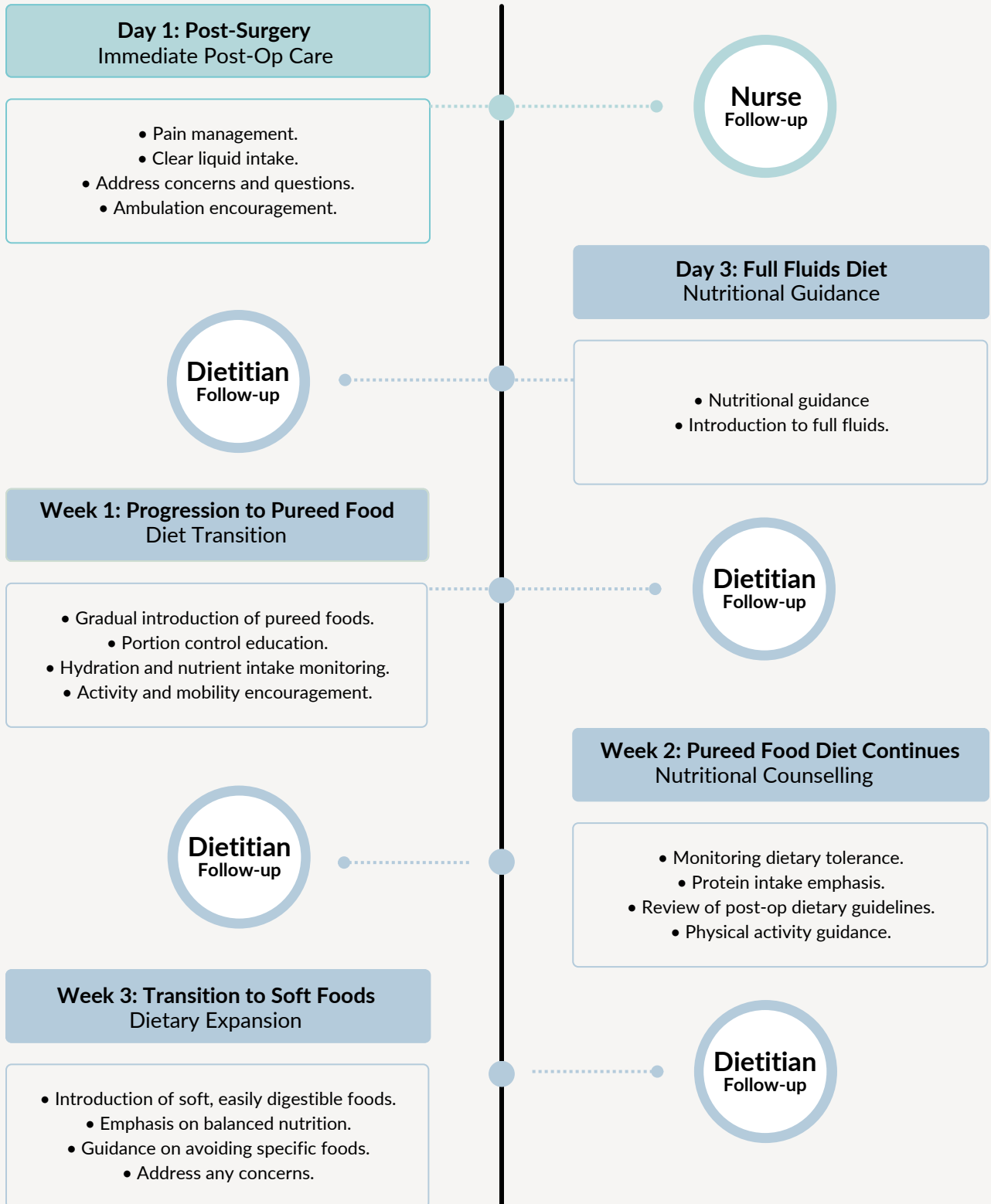


Our Aftercare Program Structure

Our aftercare program includes regular check-ins to monitor your progress, address questions or concerns, and offer personalized guidance. These follow-ups, scheduled at specific intervals, allow us to track your journey, celebrate achievements, and make necessary adjustments for your post-surgery program.

While we have structured follow-ups, we understand that concerns can arise at any time, so feel free to reach out for immediate assistance.

Aftercare Structure



Dr. Kashif Irshad

MD, MSc, FRCSC, FACS
Bariatric Surgeon

**Transforming Lives Through
Thousands of Successful
Bariatric Procedures.**



Dr. Kashif Irshad is one of Canada's most experienced and compassionate gastric sleeve surgeons, with over 15 years helping thousands regain their health and confidence through safe, effective weight loss surgery. He understands that obesity affects the whole person—not just the body—and takes a patient-centered approach, listening carefully and supporting patients throughout their journey.

As a pioneer of gastric sleeve surgery in Canada, Dr. Irshad combines technical skill with genuine care to provide the safest, most advanced treatment. He is Chief of Thoracic and Foregut Surgery at William Osler Health System, graduated from McGill University, and trained at McMaster and the University of Pittsburgh. Since pioneering Sleeve Gastrectomy at William Osler in 2009, he has performed thousands of bariatric surgeries, published key research, mentored surgeons across Canada, and is a member of the American Board of Obesity Medicine. He is dedicated to advancing minimally invasive techniques to improve patient outcomes.

Dr. Ali Hazrati

MD, MSc, FRCSC, FACS
Bariatric Surgeon



Transforming Lives Through Thousands of Successful Bariatric Procedures.

Dr. Ali Hazrati (MD, MSc, FRCSC, FACS) is a skilled and compassionate bariatric surgeon at 360 Sleeve, dedicated to helping patients transform their lives through weight-loss surgery. Specializing in Gastric Sleeve and other bariatric procedures, Dr. Hazrati combines advanced techniques with personalized care to help patients achieve lasting health and wellness.


Dr. Hazrati earned his medical degree at Tehran Azad Medical University and completed his general surgery training at McGill University in Canada. He further specialized with a fellowship in laparoscopic bariatric and upper gastrointestinal surgery at Stanford University in California.


With thousands of successful surgeries and an outstanding safety record, Dr. Hazrati is known for his precision, innovative approach, and commitment to patient success. He is an active member of leading organizations like ASMBS, SAGES, and IFSO and holds hospital privileges at Scarborough General Hospital in Toronto.

Fluent in English, Farsi, and French, Dr. Hazrati ensures every patient feels supported throughout their journey. At 360 Sleeve, he focuses on providing expert care, empowering patients to live healthier, happier lives.



360 Care Team Contact Information

 416-360-7360

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