

Gastric Sleeve Surgery

at 360 Sleeve, Canada's Largest
Private Gastric Sleeve Clinic



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6-Year Gastric Sleeve Program

360 Sleeve offer one of the most extensive and comprehensive aftercare programs available in Canada. The key to our patients' happiness, health, and success is undoubtedly our commitment to exceptional aftercare services.



One-on-One Surgeon Support



Personalized Pre & Post-Op Dietitian Support



Frequent Touch Points



Personalized Pre & Post-Op Dietitian Support



Virtual Progress Tracking Tools



Pre-Op Optifast, and 1 Month Bariatric Vitamin Supplement Supply**



Comprehensive Health Evaluations*



360 Facebook Support Group

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.**



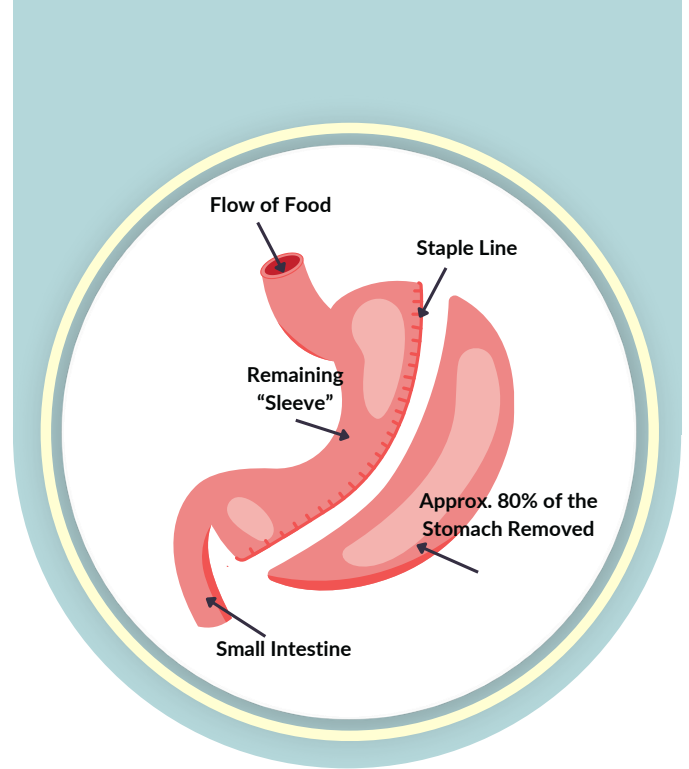
Dr. Ali Hazrati (MD, MSc, FRCSC, FACS) is a skilled and compassionate bariatric surgeon at 360 Sleeve, dedicated to helping patients transform their lives through weight-loss surgery. Specializing in Gastric Sleeve and other bariatric procedures, Dr. Hazrati combines advanced techniques with personalized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

About Gastric Sleeve Surgery



TOTAL COST

\$18,000

Tax Included
6-Year Aftercare
Included

SURGERY LENGTH:

1.5 Hours

ALTERNATIVE NAMES

Sleeve Gastrectomy
Vertical Sleeve Gastrectomy
(VSG)

SYNOPSIS OF SURGERY

Gastric Sleeve is a weight loss surgery in which about 70% - 80% of the stomach is permanently removed, and the remaining portion resembles a sleeve. This restricts food intake and hunger to restricts food intake.

INVASIVENESS:

Gastric Sleeve is a minimally invasive procedure done laparoscopically, using about five small incisions on the abdomen.

ANESTHESIA

General Anesthesia

RECOVERY:

- 8 hours to recover in the clinic
- 1 - 2 weeks off from work
- 4 - 6 weeks before resuming physical exercise



Lose Approx.
60% - 80%
of Excess Weight

Benefits of Gastric Sleeve Surgery

Gastric sleeve surgery offers proven, whole-body benefits that can improve health, daily function, and overall well-being.

Health & Medical

- Sustainable weight loss
- Better blood sugar control (Type 2 diabetes, PCOS)
- Lower blood pressure & cholesterol
- Improved sleep apnea & breathing
- Less joint pain & better mobility
- Healthier liver (fatty liver improvement)
- Improved fertility & pregnancy outcomes
- Lower risk of obesity-related cancers
- Reduced need for medications

Lifestyle & Energy

- Higher energy levels
- Easier mobility and daily activities
- Better sleep quality

Confidence & Well-Being

- Improved self-esteem and body image
- Reduced depression and anxiety symptoms
- Enhanced overall quality of life and social participation



Who is a Good Candidate?

- Have a BMI of 30+
- Have not had success with diet, exercise, or medications
- Are committed to healthy eating, follow-ups, and lifestyle changes
- Are in overall good health for surgery
- Are not pregnant or planning pregnancy soon
- Understand the risks and benefits

Who is a **NOT** Good Candidate for Gastric Sleeve Surgery?

Weight loss surgery isn't right for everyone. Your surgeon will help decide if it's suitable for you. You may not qualify if you:


- Cannot consent to or accept the risks of surgery
- Are unwilling to commit to follow-ups, diet, and lifestyle changes
- Are pregnant or planning pregnancy within 12 months
- Have not tried nonsurgical weight loss methods
- Struggle with an active eating disorder
- Have active substance abuse issues
- Have serious medical conditions that make surgery too risky
- Have certain prior abdominal surgeries that limit surgical options

Steps to Booking Gastric Sleeve Surgery

Once your date is secured there are a few things that need to be completed by you. You would need to:

STEP 1  Fill out a patient health questionnaire

STEP 2  Review and complete the provided consent forms

STEP 3  Get bloodwork and an ECG done at your local lab

STEP 4  Book a pre-op appointment with the anesthesiologist

STEP 5  Book a pre-op diet appointment with our nutritionist

Frequently Asked Questions

Do I qualify for Gastric Sleeve Surgery?

In order to qualify for the Gastric Sleeve your BMI must be a minimum of 30. During your consultation with our surgeon, you will be assessed for your individual needs and our surgeon will make a recommendation whether or not they think the Gastric Sleeve is the correct surgery for you. Our doctor will assess your health status and medical history to determine if you are a good candidate for this surgery.

Will I have Surgical Scars?

The surgery is done laparoscopically with a camera and small incisions. Patient's typically have 4 small half centimeter incision and one incision about 1.5 cm. Once you are fully healed, they are often not noticeable.

How much time do I need to take off work?

We recommend patient's take two weeks off work to recover from their surgery. In addition, we suggest avoiding lifting more than 10 lbs for 4 weeks to allow your incisions to fully heal.

Do I need to be on a pre-op diet?

Patients with a BMI of over 40 will need to take OPTIFAST for 2 weeks prior to surgery. This helps patient's lose weight prior to surgery which shrinks their liver which helps with the ease of the operation.

Is Gastric Sleeve Surgery covered by OHIP?

OHIP generally covers gastric bypass surgery but only a small number of gastric sleeve surgeries. Meeting OHIP's strict criteria for gastric sleeve surgery can be challenging, requiring a BMI over 60 or medical conditions like ulcerative colitis or chronic steroid use that make bypass surgery too risky.

At 360 Sleeve, we operate as a private clinic and don't accept OHIP referrals, allowing us to provide gastric sleeve surgery to those who don't meet OHIP's strict requirements. We also streamline the process, helping you avoid long wait times.

Our clinic offers top-quality care, including a comprehensive 6-year aftercare program to support your journey.

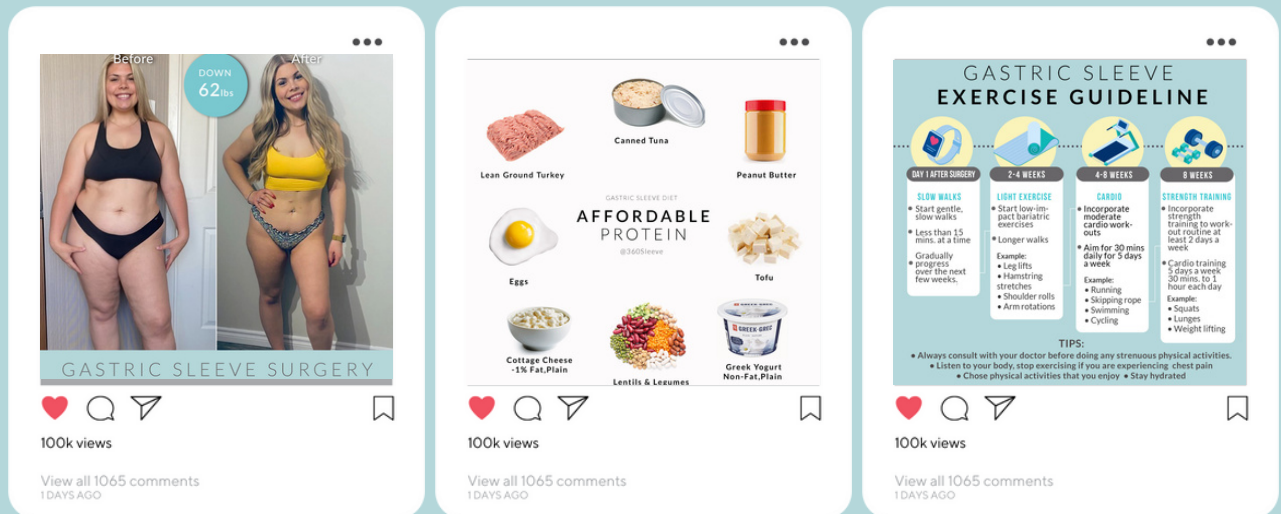


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@360Sleeve



www.360sleeve.com • sleeve@clinic360.com • 416.360.7360
1131A Leslie Street, Unit 300, Toronto, Ontario, M3C 3L8, Canada