

Weight Loss Surgery

at 360 Sleeve, Canada's Largest Private Weight Loss Surgery Clinic



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6-Year Weight Loss 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



Comprehensive Health Evaluations*



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



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.**

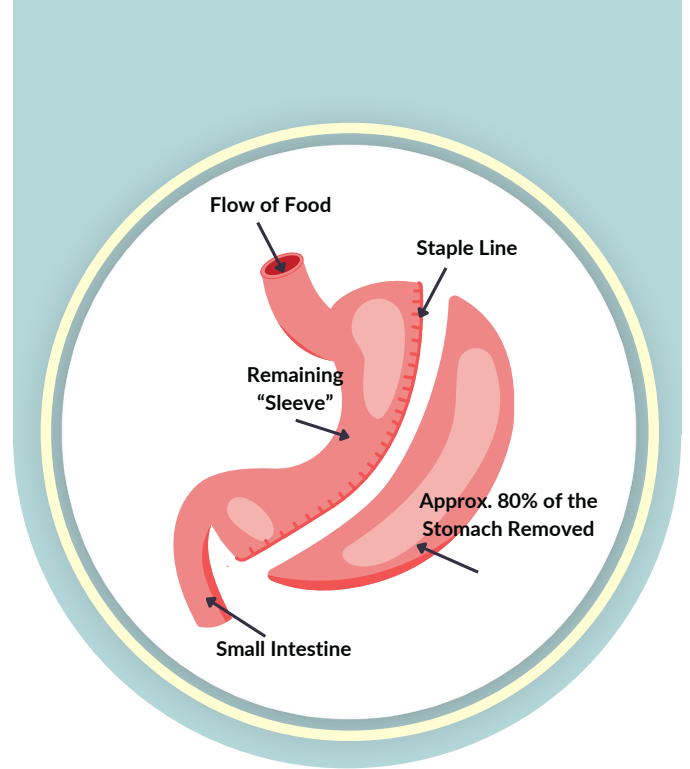
Dr. Ali Hazrati (MD, MSc, FRCSC, FACS) is a skilled and compassionate bariatric surgeon at 360 Sleeve, dedicated to helping patients transform their lives through weight-loss surgery. Specializing in Gastric Sleeve and other bariatric procedures, Dr. Hazrati combines advanced techniques with personalized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

\$17,500

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

About SADI-S Surgery

TOTAL COST

\$23,000

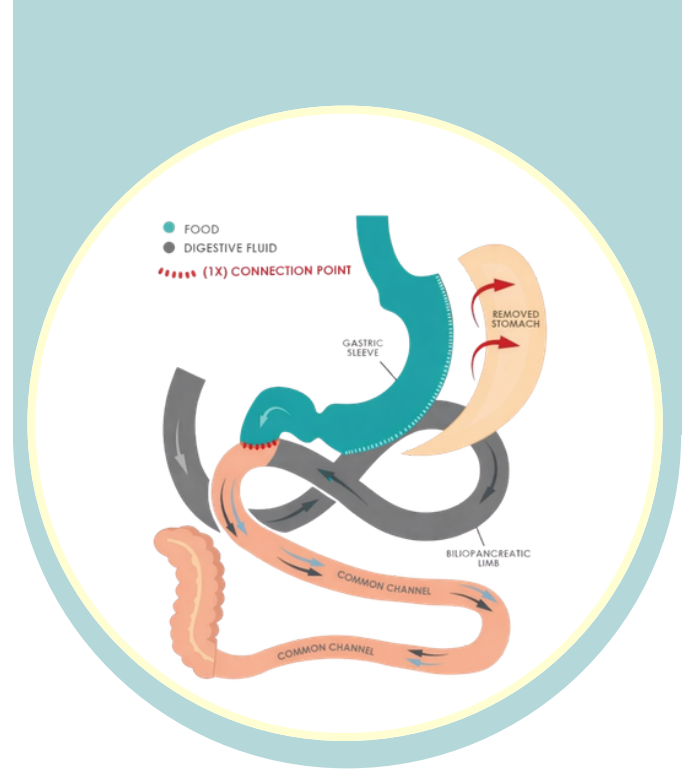
Tax Included
6-Year Aftercare
Included

ALTERNATIVE NAMES

- SADI
- Single Anastomosis Duodeno-ileal Bypass with Sleeve Loop Duodenal Switch

SYNOPSIS OF SURGERY

SADI-S combines a gastric sleeve with an intestinal bypass. About 70%–80% of the stomach is removed, and the intestine is re-routed to reduce calorie absorption. This helps reduce hunger and support stronger, long-term weight loss.



SURGERY LENGTH:

2 Hours

INVASIVENESS:

SADI-S is a minimally invasive procedure done laparoscopically, using about five small incisions on the abdomen.

ANESTHESIA

General Anesthesia

RECOVERY:

- 1 night stay 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 and SADI-S

Both Gastric Sleeve Surgery and SADI-S 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 for Gastric Sleeve Surgery?

- 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 Good Candidate for SADI-S Surgery?

- Have a BMI of 40+ (or 35+ with obesity-related conditions)
- May benefit from stronger, long-term weight loss support
- Have not had success with diet, exercise, or medications
- Are committed to lifelong nutrition, supplements, and follow-ups
- Are in overall good health for surgery
- Are not pregnant or planning pregnancy soon
- Understand the risks and benefits

360

Complete

360 SLEEVE



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

We know every patient's journey is unique, so our aftercare program focuses on **personalized support**. Our team creates a plan that fits your goals and lifestyle, offering tailored guidance on nutrition and daily habits to help you get the most out of your post-surgery experience.



Personalized Nutrition Support

Our bariatric nutrition team 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 key to long-term success. Join our Facebook Support Group to connect with other patients, share experiences, and find support from people who understand your journey. It's a great place for motivation, advice, and encouragement throughout your aftercare.



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.

Steps to Booking Weight Loss 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 or SADI-S covered by OHIP?

OHIP generally covers gastric bypass surgery but only a small number of gastric sleeve surgeries and SADI-S. 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 weight loss 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.



Follow Us on Instagram

For daily gastric sleeve tips, information,
and all things Gastric Sleeve Surgery and SADI-S



@360Sleeve

