

Bariatrics

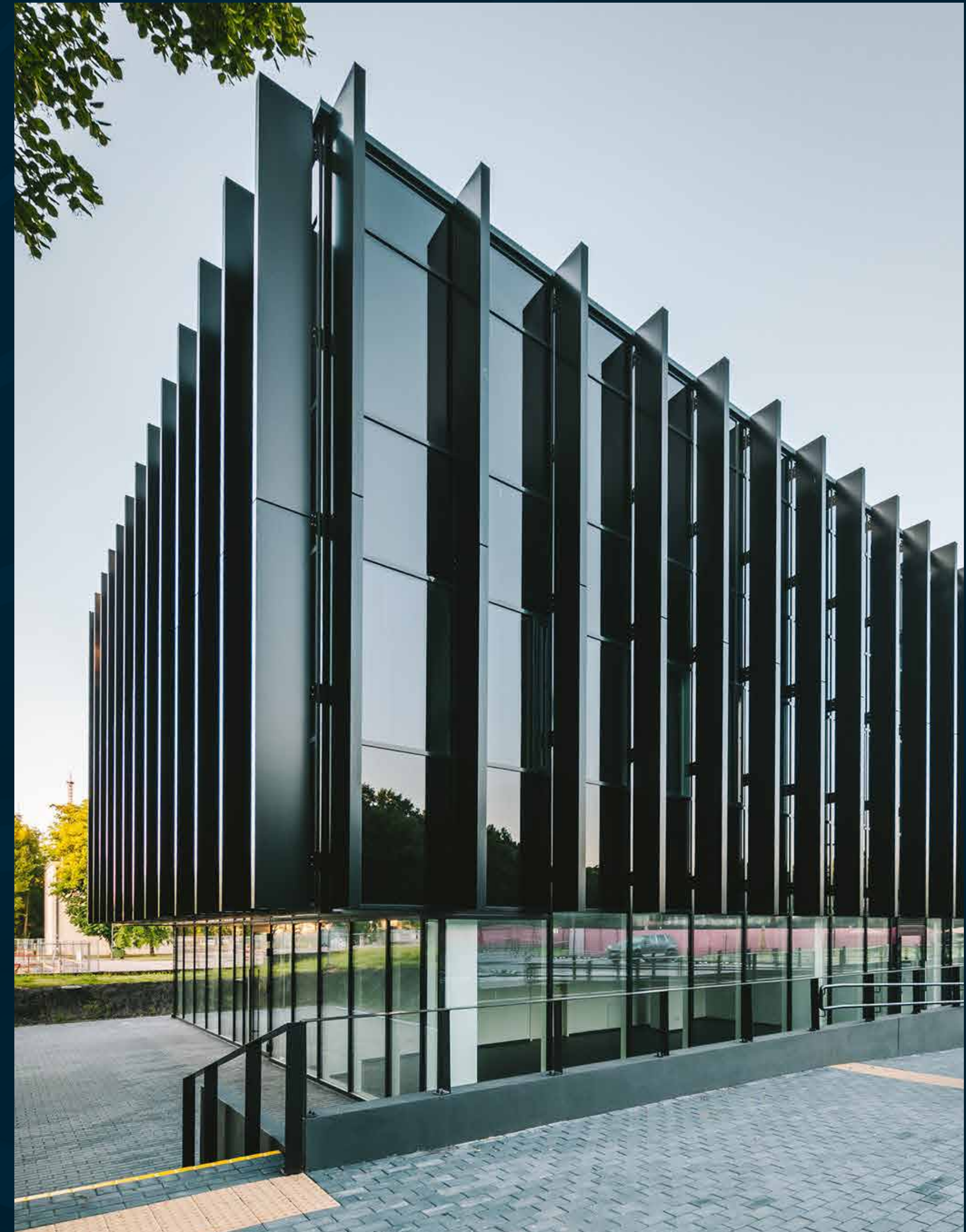
Our Specialties and Services

About Us

Located in Kaunas, Lithuania, the Fi Clinica is surrounded by the beautiful nature of the largest urban oak grove in Europe.

Over 120 top-class professionals are currently working in the clinic, specializing in **Orthopaedics, Bariatric Surgery, Plastic Surgery, Dentistry, Dermatology, Cosmetology, Physiotherapy, Otorhinolaryngology, Gynaecology, Urology, and Abdominal Surgery.**

Accompanied by the best nursing staff, **Fi Clinica** doctors perform over 2000 surgeries annually, and up to 50% of our patients arrive from abroad.





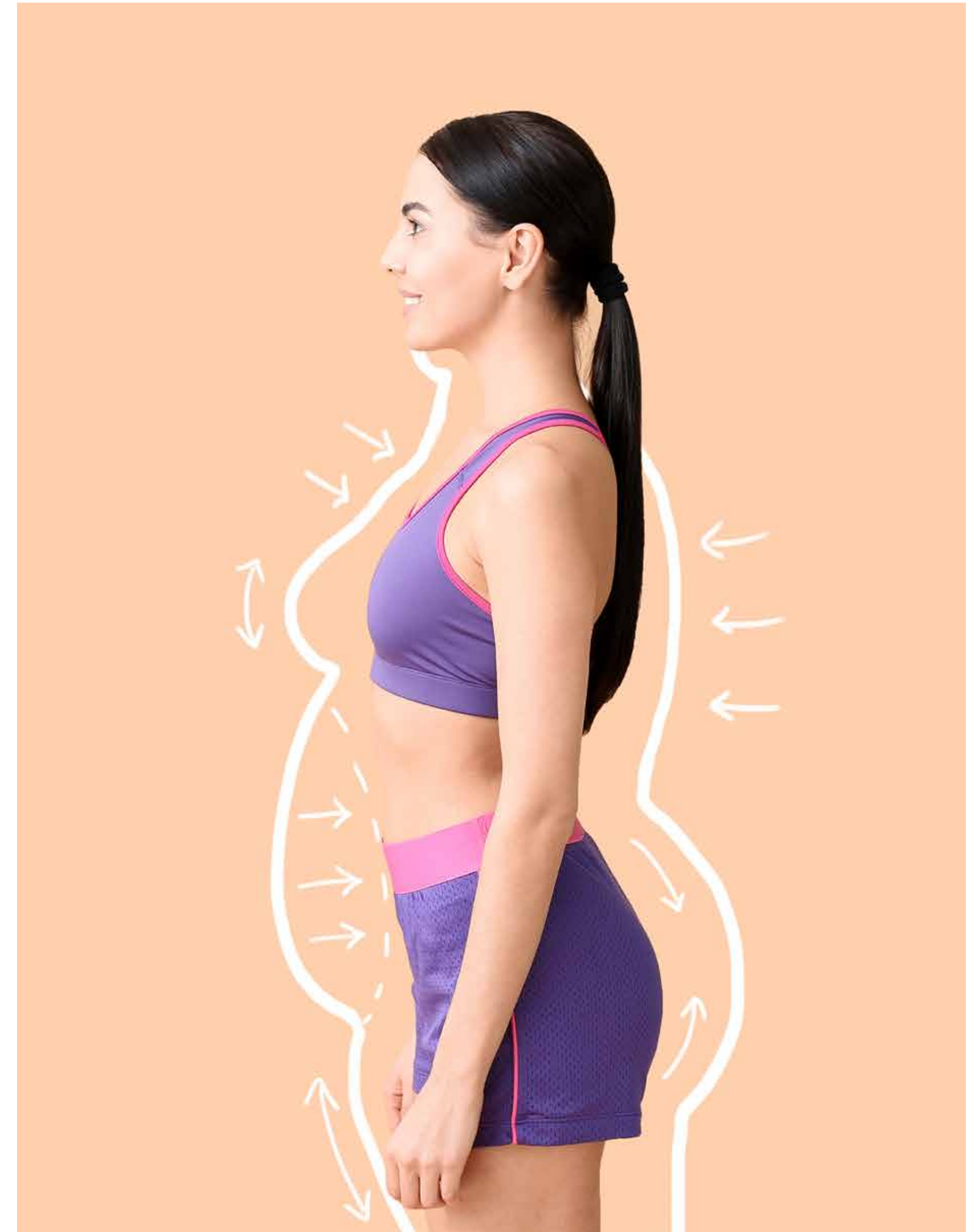
01

Weight Loss Surgery

Weight loss surgery is also known as bariatric or metabolic surgery.

Bariatric surgery is recommended when diet and exercise have not shown desired results or when a patient has weight-related health problems.

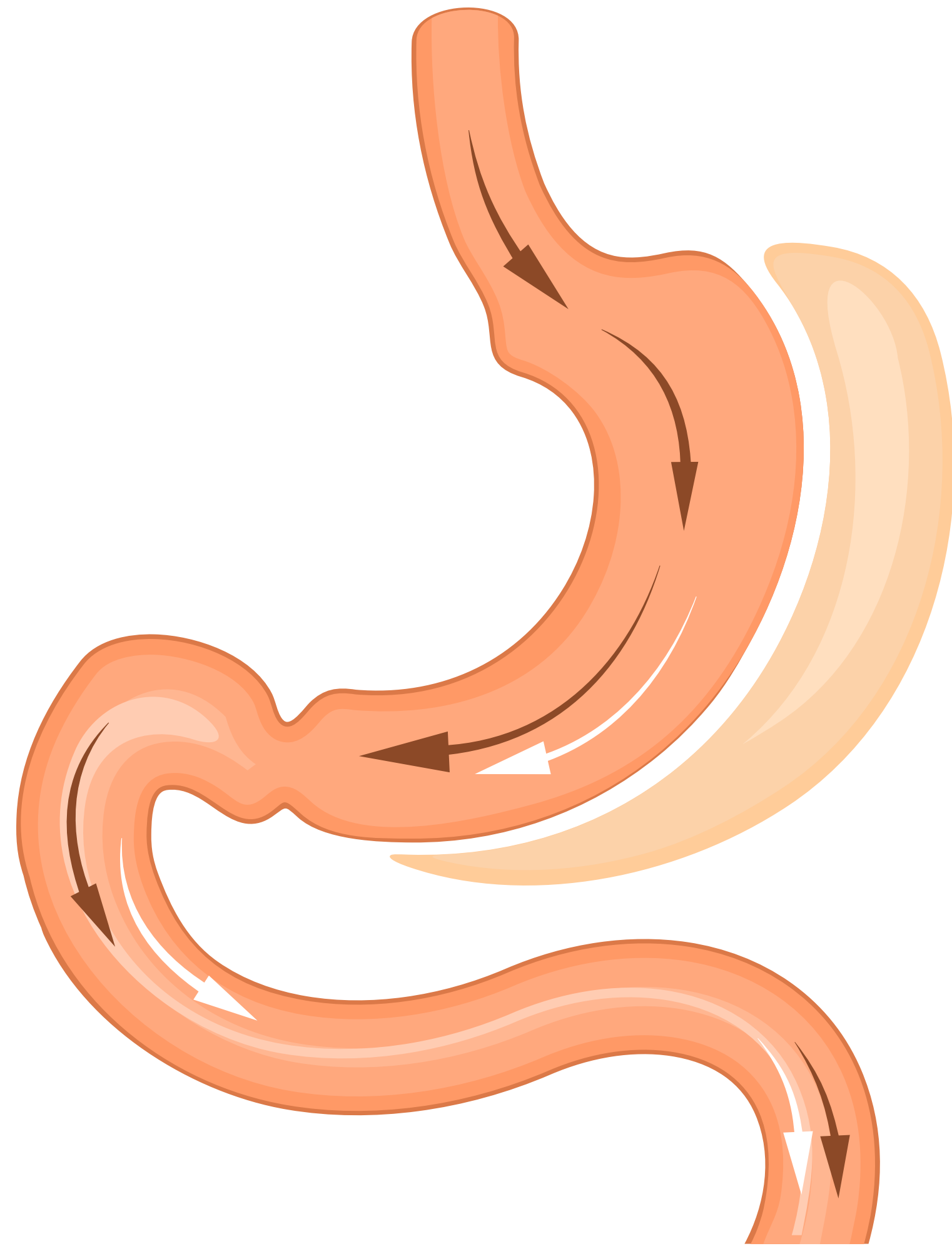
Also, this surgery prevents more severe issues in the future and can treat obesity, diabetes, high blood pressure, sleep apnea, and high cholesterol, among many other diseases.





02

Services



Laparoscopic Sleeve Gastrectomy

Sleeve gastrectomy is currently the most popular and frequent waste stomach reduction operation in the world that reduces the patient's stomach.

During the procedure, the abdominal surgeon forms a sleeve resembling the shape of a banana in the patient's abdomen, more than halving the volume of the stomach this way.

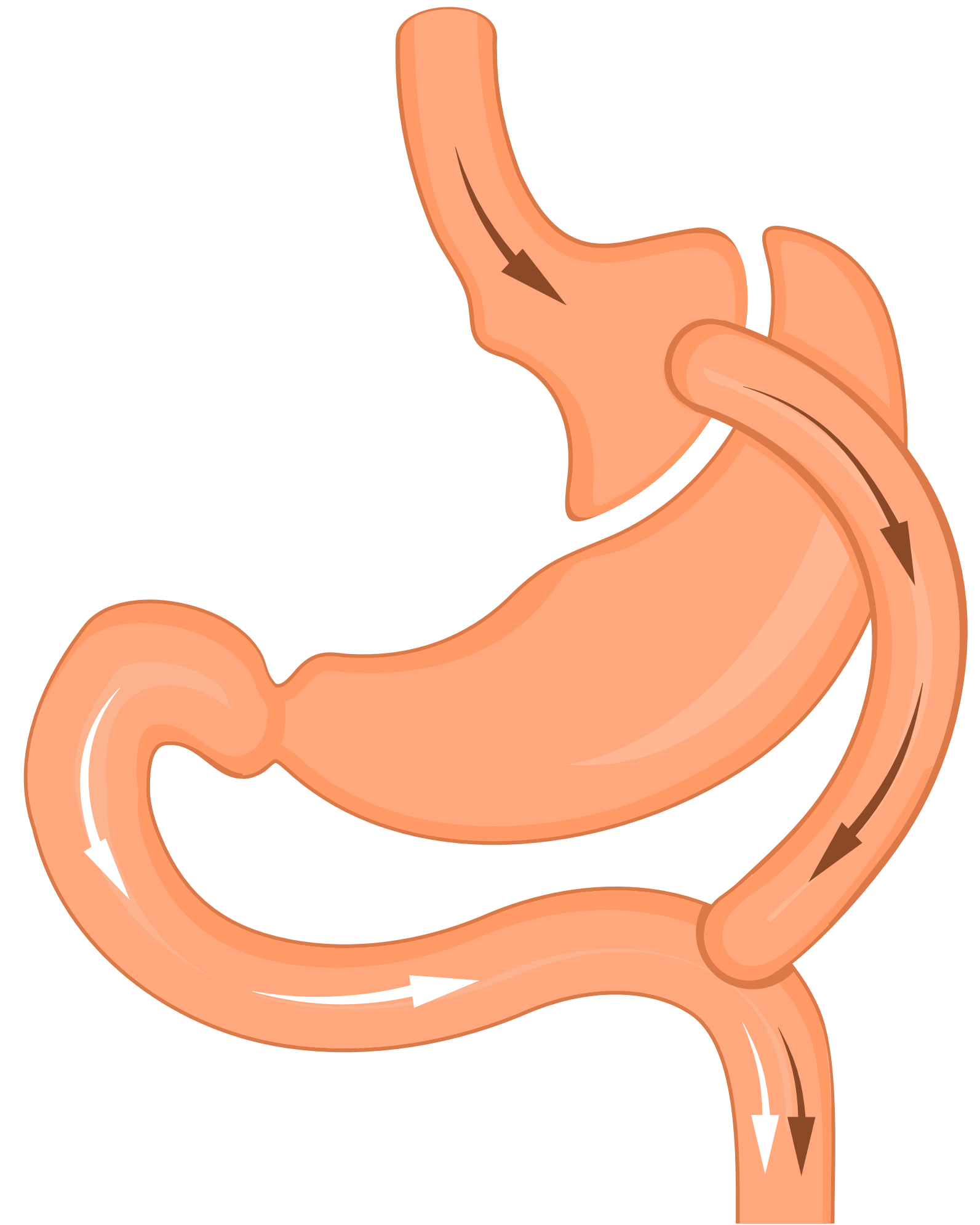
Approximately two-thirds of the left side of the stomach is removed, and the stomach's capacity may range between 60 – 100 cc.

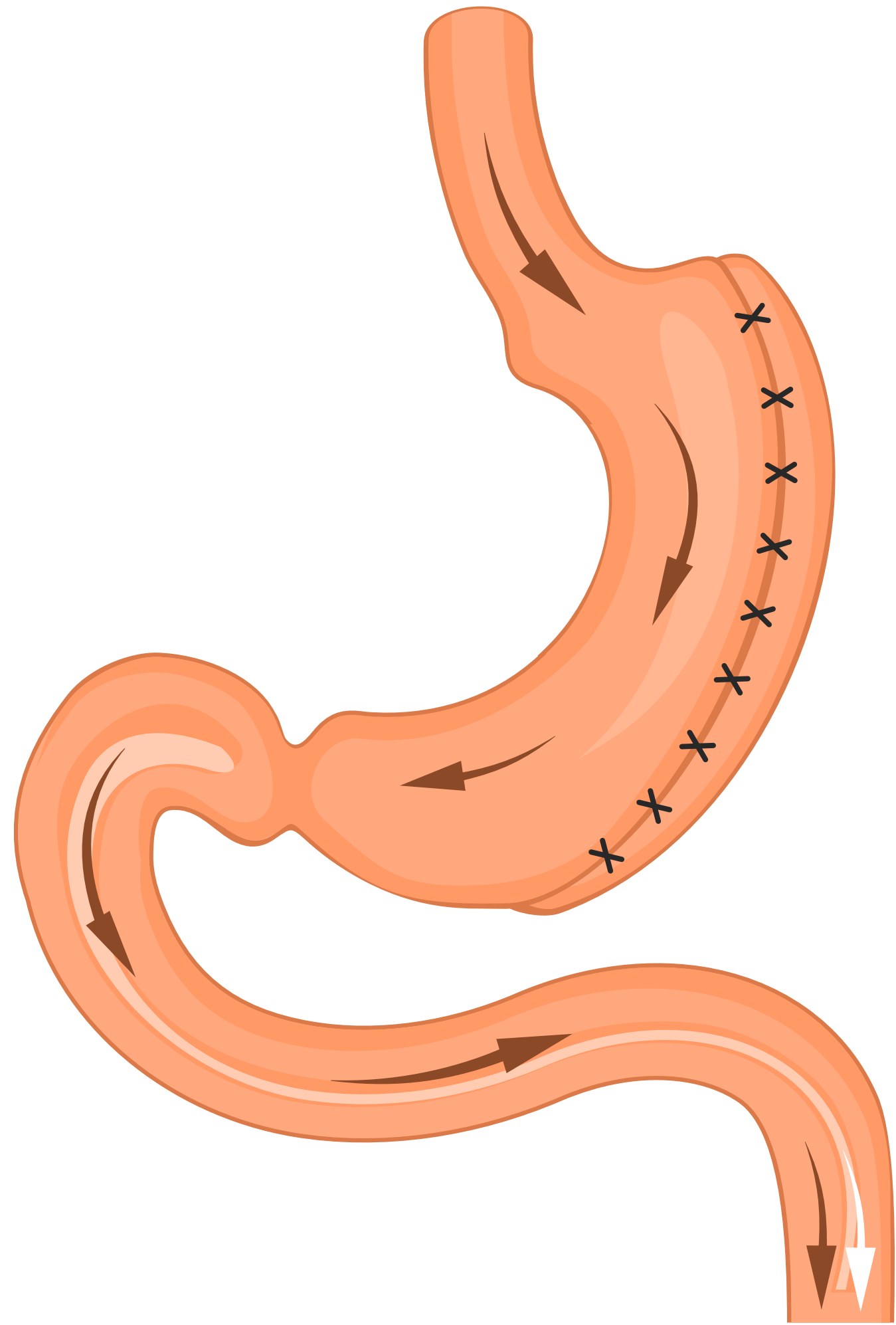
No foreign bodies are used during the operation, and stomach reduction is performed surgically.

Laparoscopic Gastric Bypass Surgery

Laparoscopic gastric bypass surgery is a combined procedure dividing the stomach into two parts:

1. new small stomach (15 to 20cc) is formed by stapling and creates a bypass. It is connected to the small intestine loop, thus bypassing the large stomach and shortening the gastrointestinal tract.
2. Laparoscopic gastric bypass surgery is recommended for patients with diabetes mellitus and gastroesophageal reflux disease.





Laparoscopic Gastric Plication

Laparoscopic gastric plication is a minimally invasive weight-loss surgery technique that reduces the size of the stomach capacity to approximately 85 g.

The abdominal surgeon forms a tube by suturing the stomach walls without removing any parts.

The sutures can be undone whenever needed, and the stomach will regain its initial size.



03

What We Offer



- Telemedicine consultation with a doctor
- Initial consultation with a doctor at our clinic
- Round-trip airport transfer
- Required health tests
- Surgery
- Anesthesia
- Hospitalization
- Diet instructions after the surgery
- Dietician's follow-up for few years
- 24/7 personal assistance during the stay
- Translation of all documents to English

Diet

Diet recommendations after bariatric surgery may vary depending on your situation and type of surgery.

Choosing suitable food and eating a balanced diet will help you lose and maintain a healthy weight for life after bariatric surgery.

Following bariatric surgery, our nutritionist will create a four-phase, post-surgery diet plan that will help the body recover and adapt to healthy eating habits.

There are four stages of diet after bariatric surgery:

- Stage **1** **Clear liquid diet**
- Stage **2** **Full liquid diet and pureed food**
- Stage **3** **Adaptive diet**
- Stage **4** **Low-fat diet**

Please note that if a patient returns to unhealthy eating habits after surgery, they may not lose all excess weight or regain the weight they have lost.

Important reminders:

- Eat and drink slowly
- Keep meal portions small
- Drink liquids between meals
- Chew food thoroughly
- Focus on high-protein foods
- Avoid foods that are high in fat and sugary
- Take recommended vitamin and mineral supplements

Why Us? Why Lithuania?



Excellent
cost/quality ratio



Guaranteed
Safety



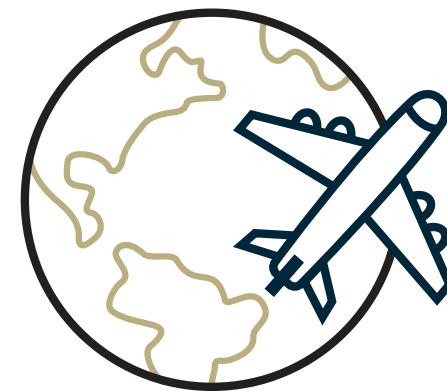
Compensation options
(NHS EU)



Quick recovery



Free Consultation
Online or Face-to-Face



A Short flight
(only 2,5 hours)



Special Offers



Short Waiting List



**Lithuania is in the
geographical entre of
Europe, so it is easy to reach.**

3:30 hours from Spain

3 hours from Ireland

2 hours from Germany

1:30 hours from Denmark

2:30 hours from the UK

Our Surgeon



Vitalijus Eismontas

MD, Ph.D., Abdominal, Bariatric Surgeon

- More than 500 surgeries per year
- Long-term experience and knowledge constantly improved in international specialized internships
- Interested in pancreas and liver surgery, obesity surgery, minimally invasive surgery

Contact 



Consultations

Travel 



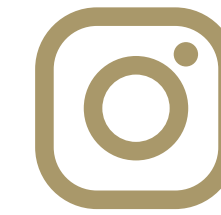
Transfers

Accommodations



Medical services

Rehabilitation



Fi Clinica Europe

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BEFORE & AFTER Fi Clinica Europe



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