Your Multidisciplinary Bariatric Surgery Team

Mohamed Ali, MD,
Chief of Bariatric Surgery
Jonathan Pierce, MD, Surgeon
Aaron Carr, MD, Surgeon
Jane McClay, PsyD, Psychologist
Barbara Jachniewicz, Nurse Practitioner
Elaine Souza, Registered Dietitian
Sky Baucom-Pro, Registered Dietitian
Judy Yamasaki, RN, Case Manager

Support Staff
Elizabeth Martinez, New Patient Coordinator
Christina Garcia, Coordinator, Pre-op phase
Alexis Trombley, Surgery Scheduler
Galina Poruchikov, Coordinator, Post-op phase

Administrative Offices
Open 8 a.m.– 5 p.m., weekdays
(916) 734-2680
Fax (916) 734-8487

Physician Referral Center:
1-800-482-3284

New Patient Appointments:
(916)-734-2858

RN Case Manager:
(916)-734-7326

24-Hour Emergency
(916)-734-2011

UC Davis Health System
Department of Surgery
Outpatient Surgery Clinic
2221 Stockton Blvd., Suite E
Sacramento, CA 95817
The University of California at Davis offers a multi-disciplinary program for the surgical treatment of obesity comprised of Surgeons, Nurse Practitioners, Psychologist, Registered Dietitians and a Registered Nurse. Our program has been designated as a Center of Excellence by the MBSAQIP.

Three different procedures are performed for obesity at UC Davis Medical Center: Roux-en-Y gastric bypass surgery; vertical sleeve gastrectomy surgery and the gastric band procedure. The type of surgery which is best for you is determined by many factors, including your health history, age and BMI.

In general patients seeking gastric bypass or vertical sleeve gastrectomy surgery for weight loss must have a BMI of 40, or a BMI of 35 with at least two medical problems related to the obesity, and have failed prior medically-supervised attempts at weight loss. Many insurance companies require documentation from your doctor of the medically-supervised weight loss attempt.

The requirements for the gastric banding procedure are similar, but a BMI of 30 can meet the criteria. For all three surgeries, patients must be able to walk and not be dependent upon a wheelchair, gurney or be bed bound.

The evaluation process for bariatric surgery begins with a referral from your primary care doctor to our program. You will be asked to complete questionnaires and to attend an orientation session. Your consultation visit will be with a surgeon and also includes a computerized psychological evaluation. In later separate visits, you will be evaluated by our program psychologist, attend a group nutrition class in which the nutritional and exercise requirements needed for safe weight loss will be discussed and meet with our registered dietician for an individual visit. Pre-operative weight loss is a routine part of our program.

Once you have been selected for surgery, insurance authorization is required and must be received prior to scheduling surgery. During this time period, medical clearances (lab and other studies to assess the status of the heart and other organs) are obtained as are necessary to assure the safest surgery and post-surgery course as possible. You will also have a pre-op visit a week before your scheduled surgery.

Hospitalization for all three surgeries is generally an over-night stay only. You should expect to be off work for six weeks after your surgery. Your first post-surgery visit in the clinic will be at 10-15 days after surgery, then at two months, six months, and one year after surgery.

We will continue to see you on a yearly basis thereafter to monitor your progress. You will be seen by one of our Nurse Practitioners and Registered Dietitians at each visit.

Frequently Asked Questions

Will my insurance cover the procedure?
Although insurance plans may have different criteria for authorizing surgery, most plans do cover bariatric surgery. Contact the benefits office of your plan to determine whether you are covered for weight loss surgery. UCDHS has contracts with most insurers for bariatric surgery.

How long is the process from referral to surgery?
This is dependent upon the tests that your surgeon orders in order to clear you for surgery, as well as how quickly you complete all criteria for surgery: psychological evaluation, nutritional counseling/testing and attaining the weight loss goal set for you prior to surgery.

Are there any age restrictions?
You must be at least 18 years of age to be considered for weight loss surgery. There is no maximum age; whether to do surgery is always dependent upon the surgeon’s evaluation of the benefit of surgery for each patient weighed against the risks of doing surgery.

New Patient Orientations are held on the first Wednesday of every month in the Lower Level of Main Hospital, ACSU –G343 Conference Room

You do not need a referral to attend this orientation