

Types of Bariatric Surgeries

Roux-en-Y Gastric Bypass (restrictive/malabsorptive):

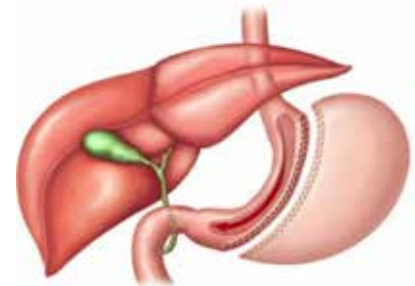
Your new stomach will be about the size of a man's thumb and the opening leaving the stomach will be about as wide as a pen (10 to 12 mm).

The small pouch and small outlet created by the operation will help control the feeling of excessive hunger. Changes in eating and exercise behavior will be required for weight loss and long-term weight maintenance.

Vertical Sleeve Gastrectomy (restrictive):

During this procedure, the surgeon creates a small, sleeve-shaped stomach, removing 80% of the stomach. The new pouch will be between 60 to 120 mL. It is larger than the stomach pouch created during the Roux-en-Y Gastric Bypass and is about the size of a banana.

The small pouch will help control the feeling of excessive hunger. Changes in eating and exercise behavior will be required for weight loss and long-term maintenance.



**The average hospital stay is 1 to 2 nights.
Plan to take 2 to 3 weeks off from work for recovery.**

Health Benefits of Surgery

After surgery, you will notice improvements with:

- Blood sugar
- Blood pressure
- Breathing problems
- Joint problems
- Mobility
- Overall function

Weight Loss with Surgery

The surgery is not a cure or a quick fix for obesity. Permanent changes in eating and exercise habits are crucial for long-term weight control. It is possible to regain weight after surgery if you are not careful.

Your weight loss will depend on your food choices and exercise. You can increase the rate of weight loss by choosing lean, high protein foods and limiting high calorie foods. Weight loss is the fastest in the first year. After that, expect weight loss to start to plateau.

How much weight will I lose?

It's important to keep realistic goals in mind. You may not end up a size 2 or having a 32" waist, as in reality there are few people lose all of their excess body weight.

What is excess body weight?

It is the difference between your current weight and your ideal weight for your height. For gastric bypass, it is normal to lose 60% to 70% of your excess weight. With the sleeve gastrectomy, you can expect to lose around 50% to 60% of your excess weight. For lap-band, you may lose up to 40% to 50% of your excess weight.



Unrealistic



Realistic