

## SURGICAL TREATMENT

In making a decision as to whether to pursue the surgical treatment of obesity, you must weigh the risks of the operation against the risks of being morbidly obese. To date, surgery is the only viable treatment modality available for the severely obese.

Weight loss surgery is a tool that can help you lose weight and keep it off, but surgery won't work alone. You must do your part. You will need to change your eating routine and become more active. To get the best results possible, you must commit to improving your health by following all instructions regarding nutrition, post-op care, and exercise.

## TYPES OF SURGERY

Bariatric surgery changes the size of your stomach, the length of your small intestine, or both. The goal is to limit the amount of food you can eat or absorb.

Bariatric surgery can be done in a variety of ways.

- **Restrictive Procedures** work by reducing stomach size. This limits the amount of food you are able to eat, thus causing you to lose weight.
- **Malabsorption Procedures** work by rearranging a majority of the small intestine. This limits the amount of food you can absorb, which will cause you to lose weight. Although the stomach size is reduced, most of the weight lost is because you absorb less fat and calories in the small intestine.
- **Combined Procedures** use both restrictive and malabsorption methods.

## EXPECTATIONS FROM SURGERY

It is impossible to predict how much you will lose after surgery. The average weight loss (for someone who is 100 pounds over the ideal weight) is 40 pounds in the first three months, 65 pounds after six months, and 75 pounds after one year.

Our goal is to help you lose over half of your excess weight. This can reduce or prevent serious health problems.

The operation will do a large part of the job for you, but **YOU MUST DO YOUR PART!** You must be committed to eating differently and being more active. You must also be committed to taking vitamins and supplements.

After surgery, your body may no longer be able to absorb the nutrients it needs. We require that you take the necessary vitamins and supplements. This will also help with healing, hair loss, and tightening excess skin. Prior to surgery, you will be given a list of vitamins and supplements that you will be required to take for life. The bariatric nurse coordinator can assist you with recommendations of vitamins and supplements we prefer you to use. You will also be asked to take protein supplements. These are important for your overall health and optimum weight loss.