

Frequent Weight Loss Surgery Questions

Deciding whether to undergo weight loss surgery can be a difficult choice for some people. Weight loss surgery is life-altering and requires a solid commitment, on the part of the patient, to follow a diet and exercise plan. These types of surgeries are rapidly gaining acceptance as newer technology makes the surgeries more effective and safer. If you are considering surgery for weight loss, you undoubtedly have many questions. Following are some of the most common questions regarding weight loss surgery.

Is weight loss surgery a safe surgery? More often than not, weight loss surgery is safe. As with all surgical procedures, there are involved risks and these need to be carefully considered before electing to have the procedure. Also, some forms of weight loss surgeries are safer than others. Laparoscopically-performed surgeries are generally safer and easier to recover from than open procedures. Additionally, some medical conditions may prevent a good outcome for some patients. It is important to discuss these issues with your doctor or surgeon before undergoing surgery.

How much weight can one expect to lose? The amount of weight you will lose following weight loss surgery will be determined by several factors. First, the type of weight loss surgery you undergo may affect the outcome. The Lap-Band procedure, while safer, results in slower weight loss than other procedures. Also, your weight loss outcome will be affected by the foods you eat and your exercise routine. It is of the utmost importance to follow your prescribed diet plan and to exercise everyday for maximum weight loss. Most patients can expect to lose approximately 36 percent of their excess body weight within the first year following surgery.

Would I qualify for weight loss surgery? That will also depend on several factors. Typically, an appropriate candidate for weight loss surgery must weigh 100 pounds or more greater than their ideal body weight. Another factor is a patient's body mass index. Morbidly obese people generally rate at 40 or more on this index and will be considered for weight loss surgery. While it is possible that people weighing less than 100 pounds greater than their weight are candidates for surgery, generally they also suffer from obesity-related illnesses.

What can I eat following surgery? During the first five weeks following surgery, your diet will be limited to liquids and pureed foods. Gradually, you can begin to introduce other foods such as lean meats, fresh fruits, fresh vegetables and low fat dairy products. Most patients will only be capable of eating very small portions so it is important to stop eating when you feel full and to eat several small meals throughout the day. Sweet foods and foods that are greasy, fibrous, doughy or sticky should be avoided. These types of foods can cause stomach or intestinal obstruction.

Can I participate in physical activities following surgery? After you are totally healed, which generally takes four to six weeks, you may participate in physical activities. Healing time may vary depending on your particular type of surgery. Following that time, you may resume your normal physical activities. In fact, exercise is promoted and will cause more rapid weight loss.

