



مدينة الملك فهد الطبية  
King Fahad Medical City



## **What is Bariatric Surgery?**

## What is bariatric surgery?



Commonly called as weight loss surgery in which some part of your digestive system are being alter in order to lose weight.

People who have problem with weight loss and with other disease that affects the metabolism are the common target.

## Who are the candidate for bariatric surgery?

- Body mass index (BMI) greater than or equal to 40.
- BMI between 35 to 40.
- Comorbidity such as heart disease, diabetes, high blood pressure or severe sleep apnea.

## Why do we need to do it?

To reduce excess weight and risk of developing health problems such as; stroke, heart disease, fatty liver, sleep apnea and Diabetes type 2.

## What are the needed things to do prior to surgery?



Try to lose weight at least 10% from your initial weight

Gastroscopy and colonoscopy

Incentive spirometry or pulmonary function test

Blood test

Referral to nutritionist

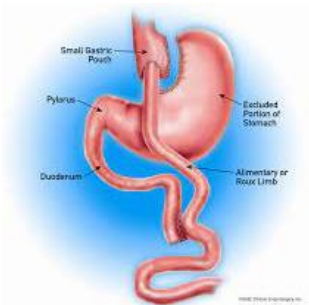
Sleep study

Xray

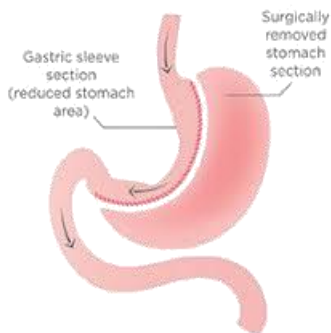
Anesthesia clearance

## Types of bariatric surgery

**A. Roux-en-Y Gastric bypass:** Laparoscopic gastric bypass uses small camera and create small incision in the stomach



**B. Laparoscopic Sleeve Gastrectomy** done by removing 80% of the stomach and its shape is like a banana.



## Advantages



Surgery time is shorter; High risk medical conditions are eligible.

Severe obese patients may consider it as first step.

Effective and improvement can be seen.



## Disadvantages

Non-reversible procedure, may worsen or cause new onset reflux and heart burn.

Less impact on metabolism compared to bypass procedures.

## Bariatric Surgery Risk



Acid reflux

Anesthesia-related risks

Chronic nausea and vomiting

Dilation of esophagus

Inability to eat certain foods

Infection

Obstruction of stomach

Weight gain or failure to lose weight

## Foods to Avoid After Surgery

Junk foods

Alcohol

Dry Foods

Bread, Rice, and  
Pasta

Fibrous Fruits and  
Vegetables

High-Fat Food

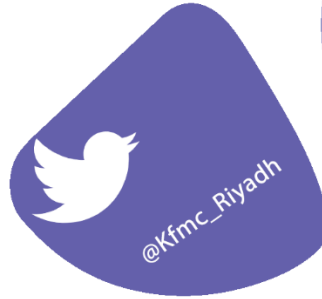
Sugary and Highly  
Caffeinated Drinks

Tough Meats

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

Ambulatory Care Center Nursing Department



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