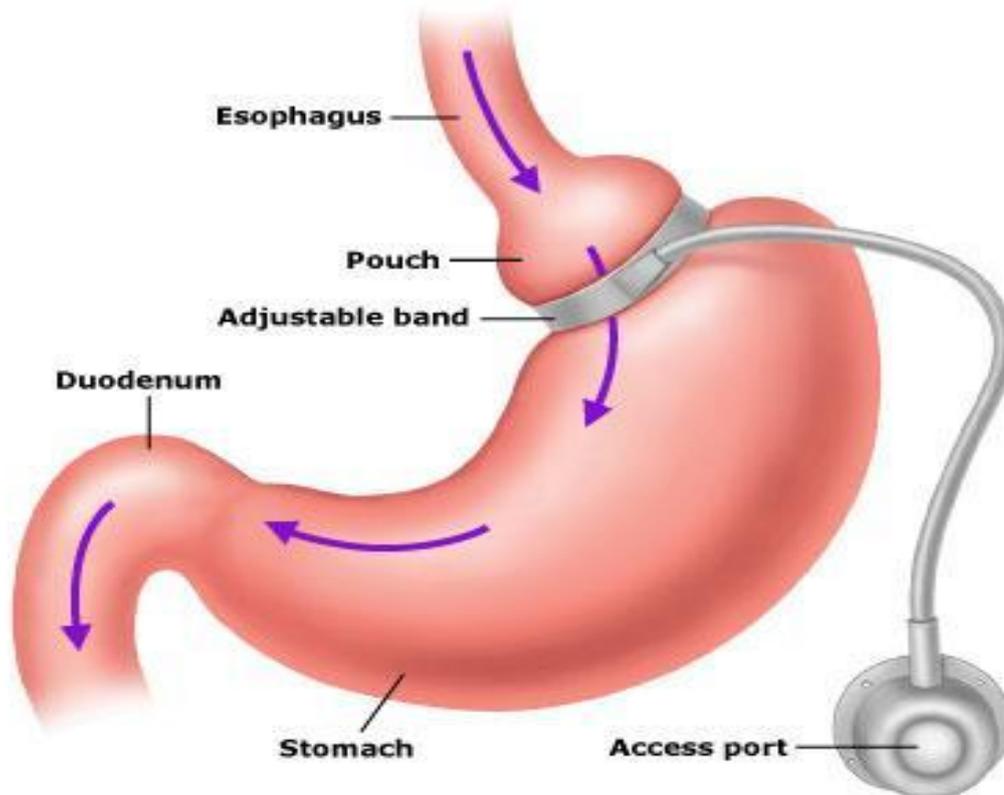


## Laparoscopic Gastric Band



### How a gastric band works

A gastric band is used to help people lose weight and improve their health. It is an inflatable silicone ring which is used to restrict and control the amount of food passing from the stomach into the digestive tract. The operation is done as a laparoscopic ('keyhole' surgery) procedure while you sleep. The band is placed around the upper part of the stomach, to create a small pouch at the top of the stomach. This allows only a small opening, or 'channel', to the rest of the stomach, restricting the amount of food that can pass through. The size of the pouch and the channel both depend upon how much the ring is inflated.

During a meal, food enters the pouch before passing through into the main part of the stomach. The rate at which food passes through depends on the size of the pouch and channel. The more the ring is inflated, the greater the restriction and the less food will pass through.

To adjust the band, thin tubing with a small port on the end is placed at the same time the band is positioned. It is usually placed just under the skin's surface, and allows fluid to be injected and removed from the band as necessary.

### What are the advantages of having a gastric band?

1. Feeling full quicker and for longer than usual
2. The operation is less invasive and easier to reverse than other weight loss surgery techniques.
3. The band is adjustable, so that the size of the opening between the pouch and the main part of the stomach can be changed
4. Usually there is a shorter recovery and stay in hospital compared to the other procedures

## How much weight can you expect to lose?

You can expect to lose between 40% and 65% of your excess weight in the first 12–24 months following surgery.

The amount of weight you are able to lose and keep off after surgery will depend also on the lifestyle changes that you make, such as increasing the amount of exercise you take and eating a healthy diet. It is important to remember that the operation will not stop from you from craving certain foods or eating what you fancy.

## What are the risks of a Gastric band?

Risks vary according to your age and other illnesses you may have.

The risk of death within the first 30 days after surgery is about 0.05% (or 1 in every 2000 patients).

Other short term complications, listed below, happen in about 5% of patients (or 1 of every 20 patients).

- Wound infection
- Bleeding
- Blood clots in the legs or the lungs
- Leaks from staple lines
- Spasms and a temporary intolerance to food and sometimes liquids
- Vomiting/Band intolerance

## Long term complications after Gastric band surgery

There is a 10-20% risk of complications within the first 5 years. One in 5-10 patients will need further surgery within this time and because of this some specialist providers in the UK are reluctant to insert bands now. Longer term complications include:

- Band slipping or moving into the stomach,
- increase in the size of the stomach or gullet
- rupture of the ring
- Hair loss or thinning in the first six months.
- Gallstones

## How should you prepare for the procedure?

- Prepare a list of written questions for your surgeon
- Read information on UK patients' group websites such as BOSPA and Weight Loss info.
- Discuss the operation with your close friends and family.
- Meet other patients

Most importantly you should try to make as many healthy changes to your lifestyle as possible so that the operation is as successful as possible. Seek the support of an experienced dietitian to help you make the changes in preparation for surgery:

**Get in touch with Dietwise for further support and advice: 07928248727 dawn@dietwise.co.uk**