



Information on Sleeve Gastrectomy

A sleeve gastrectomy is a life changing operation. It helps people to lose weight and improve their health.

The sleeve gastrectomy works by making the stomach smaller, and removing part of the stomach. The operation will reduce the amount that you can eat and make it easier for you to lose weight. It does not necessarily mean that you will stop wanting to eat foods that are high in calories and therefore you must take the responsibility of eating a healthy diet. Also, sometimes over time the stomach can stretch, so it is important to learn to eat the correct quantity of food, so that this does not happen.

The surgery is done laparoscopically, or “keyhole” surgery. This means that you will be up and about soon after surgery and should make a speedy recovery. Pain after surgery this is usually not severe and easily controlled.

How does it work?

The operation involves removing approximately 85-90% of your stomach, leaving behind a narrow tube (sleeve) which becomes your new stomach. After the surgery food will follow the normal route into the smaller stomach and then on into the small intestine.

The operation also alters some of the hormone signals from the stomach and intestine to parts of the brain that control body weight: many people say they feel less like eating and feel fuller sooner and for longer after a meal.

As the size of your stomach has been reduced the size of your meals need to be reduced to match it . Your reduced portion size combined with low fat, low sugar choices will help you to lose weight and maintain the weight lost.

How much weight can you expect to lose?

You can expect to lose between 55% and 85% of your excess weight in the first 12–18 months following surgery: However an excess weight loss of 100% or more is not uncommon in patients who include more exercise and continue to eat well.

It is important to remember that the operation will not stop from you from craving certain foods or eating what you fancy - the amount of weight you are able to lose and keep off after surgery will depend on the amount of exercise you take and how well you are eating.

What are the risks of a Sleeve gastrectomy?

Sleeve gastrectomy has some risks. These 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 0.5% (or 1 in every 200 patients).

Other 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.

Long term complications after Sleeve gastrectomy surgery

- hernias of the abdominal wall
- narrowing (stricture) of the joining between the new stomach and the bowel which can make eating and drinking more difficult. This will usually settle on its own although sometimes it will need to be stretched with an endoscopy
- Hair loss or thinning in the first six months. This is a temporary side effect of the rapid weight loss and usually re-grows
- Gallstones
- Worsening of symptoms of Irritable Bowel Disease (IBS)

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