

Gastric Sleeve Surgery

If you're struggling to lose weight, even after making healthy lifestyle changes, bariatric surgery may be the right choice for you.

There are different types of bariatric surgeries. One of the most common surgeries is Gastric Sleeve. It's done when healthy eating and exercise haven't worked over a certain period of time, or when you have serious health problems like heart disease or type 2 diabetes.

Let's take a look at gastric sleeve, the risks, and what you can expect as you recover.

So how does gastric sleeve work? Your doctor takes out 80 percent of your stomach... and then staples the remaining part of it closed.

What's left of your stomach is a thin sleeve ... or tube ...that's about the size of a small banana.

Your smaller stomach will hold the food you eat.

Gastric sleeve is mostly done as a laparoscopic surgery.

Laparoscopic surgery is done through several small cuts ... called incisions ... in your belly.

Then the doctor puts special tools and a camera through the incisions.

But it can also be done as an "open" surgery.

Open surgery is done through a large cut in your belly.

Gastric sleeve takes about an hour.

After surgery, you may have some belly pain, and the area around the incisions may be tender and sore.

You'll probably be in the hospital for 1 or 2 days.

After surgery, you may have clear liquids like broths and water but no solid foods. Your stomach needs time to heal.

You'll meet with a dietitian to go over your new meal plan to follow at home.

Your plan starts with a low-sugar liquid diet such as decaffeinated coffee and tea, for the first several weeks, next pureed foods such as applesauce, then soft foods like bananas and soft-boiled eggs, and eventually solid foods.

As you adjust to your new diet and weight loss, it's important to make sure you're eating at least 60 grams of protein.

You'll need to stay hydrated and take multi-vitamin every day. Your care team may also suggest you take mineral supplements.

Talk to your care team about when to move to each stage of the meal plan and which foods and liquids are best.

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You will get up and move. Walking will help speed up your recovery and help prevent blood clots in your legs.

Before you leave the hospital, you'll also get discharge instructions on incision care and activity restrictions.

Gastric sleeve surgery can improve your quality of life but it's not without risks.

Some risks for weight loss surgery can include: blood clots, leaks in your belly, low blood sugar, malnutrition, and vomiting.

Talk to your doctor about any concerns you may have about the risks of gastric sleeve.

As you recover from gastric sleeve, it's important to keep your regular checkups with your care team.

To stay healthy and keep the weight off, you'll need to make some life long lifestyle changes.

Lean on your care team, friends and family, and perhaps, a mental health provider for support on your weight loss journey.