



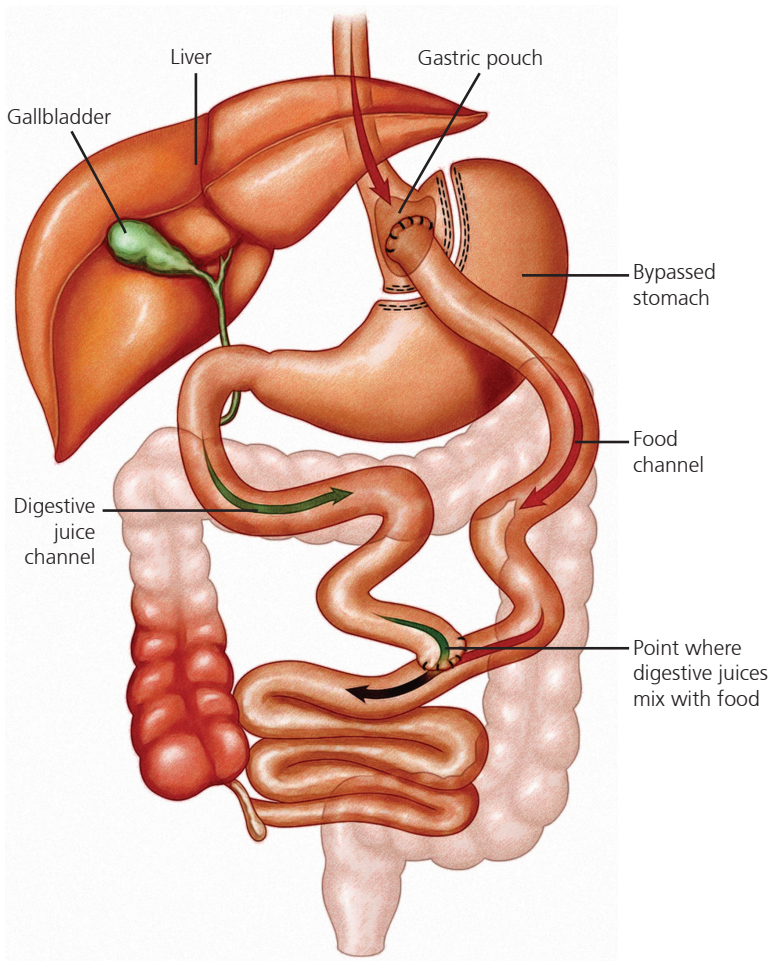
Understanding
**Weight
Loss**



WEIGHT LOSS TREATMENT
AT APOLLO INSTITUTE OF
BARIATRIC

What is bariatric surgery?

Gastric sleeve resection, gastric bypass and other types of weight-loss surgery, collectively known as bariatric surgery, make surgical changes to your stomach and digestive system that limit how much food you can eat and how many nutrients you absorb, leading to weight loss.



What is your role in making the surgery a success?

Surgery can help you lose weight and also keep it off. But surgery alone won't work. You need to change your diet and lifestyle in a such way that you eat healthy and have an active life. You will need to:

- ❏ Commit to improving your health
- ❏ Discuss your health history with the surgeon
- ❏ Get all answers and have all information on the procedure
- ❏ Follow all the instructions given prior to the surgery
- ❏ Follow all the instructions regarding nutrition, activity and exercise after the surgery



What is the surgeon's role in making the surgery a success?

Your surgeon will help to protect your health before, during and after surgery. He/she will:




- ❏ Evaluate you as a possible surgery patient
- ❏ Describe the surgery's risks and benefits, and answer your questions
- ❏ Perform the best procedure for you
- ❏ Prescribe regular follow-up
- ❏ A registered dietician will provide you with a diet chart and plan your meals according to your needs



Do you qualify for the surgery?

Bariatric surgery is a major surgery which is irreversible, so deciding for it can be difficult. You need to be well-versed with the risks and complications of the procedure and fully prepared to bring a change in your lifestyle for the rest of your life.





You qualify for the procedure when you meet any one or more of the following conditions:

-  A BMI of 30 or more
-  You have to be healthy enough to undergo a major surgery
-  You may be asked for a psychological evaluation and your doctor will need to make sure that you have tried all the other means to lose weight



What are the realistic expectations out of the surgery?

The goal of bariatric surgery is to help you lose over half of your excess weight. This can improve or prevent health problems. This surgery is not done for cosmetic reasons. Keep in mind that:

-  Surgery is an option only when other means of losing weight have been tried and failed
-  Surgery is meant to be permanent and will work only when you change your diet and lifestyle for the rest of your life
-  You won't shed weight right away. Most of it is lost during the first year and a half of the surgery
-  Most likely you won't lose all your excess weight, but you will get into a better weight for sure after the surgery

Your surgical experience

It is normal to be nervous about surgery. Knowing what to expect can help. Your healthcare team will guide you through preparing for and having the surgery. You will be kept as comfortable as possible throughout the process. After surgery, you may go home the same day or you may stay in the hospital for up to 5 days. Either way, you will be monitored to be sure that your recovery is going smoothly.




Your pre-operation exam and tests

Your doctor may see you about a week before surgery. He or she may request blood tests. These tests help confirm that you are well enough for the surgery. Chest X-rays may be ordered to check your lungs. An ECG may be done to check your heart rhythm. Other exams and tests may also be done, if needed.



Before surgery

To prepare for surgery you may be asked to:

-  Stop smoking
-  Lose weight by following a special diet
-  Stop taking certain medications, including aspirin and anti-inflammatories. Ask your surgeon what medications you can continue taking



- ✚ Be sure to mention any herbs or supplements you take
- ✚ Do not binge on food before surgery
- ✚ Stop eating and drinking after midnight on the night before surgery, or as instructed



On the day of surgery

Be sure to arrive on time on the day of surgery. After you arrive, you will sign the required consent forms. On or before the day of surgery, an anaesthesiologist may talk with you. This is a doctor trained to care for you before, during, and just after surgery. You will be told about your anaesthetics (medications to block pain), which will let you sleep through surgery.



During surgery

Your surgeon begins the surgery by making one or more incisions in your abdomen. For a laparoscopic procedure, several small incisions are made. During the procedure, surgical instruments are inserted through these small incisions, and the surgeon operates by looking at the organs on a video monitor.



After the surgery

You may wake up in a recovery room or you may be in an ICU (Intensive Care Unit). One or more IV (Intra-Venous) lines may be in place. IV lines deliver fluids and medications. One IV line may be attached to a PCA (Patient-Controlled Analgesia) pump.

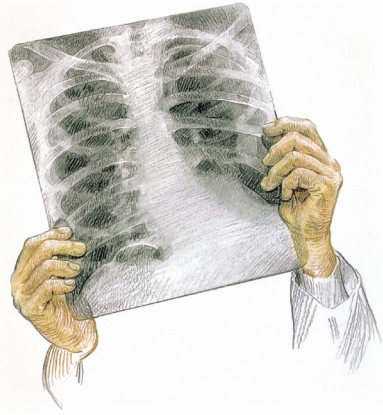
At the hospital

As you recover from surgery, you may be moved to a hospital room. You will be asked to be active as soon as you can. This helps speed up your recovery. You will

also be asked to do breathing exercises. These help keep your lungs healthy. X-ray tests may be done to check your progress. As you gain strength, you will start a liquid diet. Your team will tell you when you are ready to go home.

Six weeks after the surgery



Your body needs time to adjust after surgery. Once you're ready, you will be given nutrition and activity programmes. Follow these programmes as directed. The success of the surgery depends on the choices you make and be sure to ask any questions that you have.



At home

When you get home, follow your doctor's instructions. At first, you may have stomach or bowel cramping, shoulder pain, or nausea. Tell your doctor if pain or nausea is severe or does not improve with time. Take pain medications as prescribed for one to two weeks.

To ease back into your daily life, you may be given guidelines like those listed below:

-  You may shower within 18 to 72 hours
-  You may return to driving once you no longer need pain medications. This is often two to three weeks after surgery



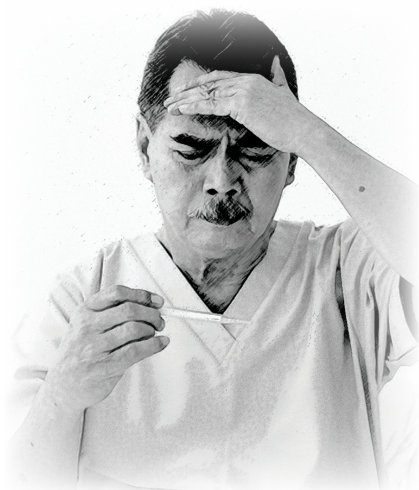
- 🔗 You may resume sex in two to four weeks
- 🔗 You may return to work in three to four weeks, or as instructed
- 🔗 Avoid lifting anything over 10 pounds for 4 to 6 weeks

Becoming more active

Activity helps you lose weight after surgery. Your healthcare provider can help you begin. Start easy, but try to be a little more active each day. You might try walking. Other options include chair aerobics or using a stationary bike.

Call your doctor if you have –

- 🔗 A fever over 101°F (38.3°C) or chills
- 🔗 A red, bleeding, or draining incision
- 🔗 Frequent or persistent vomiting
- 🔗 Increased pain at an incision
- 🔗 Pain in your legs or chest
- 🔗 Trouble breathing



Change your eating habits

What and how you eat will change after surgery. And you will need to eat this way for life. Follow your meal plan and any instructions that you are given. To stay healthy, you may be given guidelines such as:

- ✦ Choose high-protein foods to help prevent nutritional problems
- ✦ Eat slowly. Take small bites. Chew each bite well before swallowing it
- ✦ Stop eating as soon as you feel full
- ✦ Do not snack between scheduled meals
- ✦ Drink sugar-free liquids, such as water. Drink them between (not with) meals. Wait 1 hour after meals before drinking liquids
- ✦ Take vitamins as directed
- ✦ Avoid fibrous foods, such as celery, string beans, and unprocessed meat
- ✦ Avoid alcohol and carbonated drinks



Having an active lifestyle

To lose weight, you need to be active for life. Exercise is an important part of your weight-loss plan. It can also help reduce stress. The goal is 30 minutes of exercise a day, most days of the week. These tips can help you succeed:

- ✦ Choose a form of exercise you enjoy
- ✦ Exercise at your own pace
- ✦ Ask a friend to join you
- ✦ Keep a record of your exercise activity in a calendar or notebook. Some people find this a good way to track their progress and stay motivated



Finding support

After surgery, you may miss eating certain foods. And your image of yourself may also change. As you lose weight, you will be able to do more. So you may have new tasks at work or home. Some changes can be stressful. But asking for help can ease the stress. You might talk to:

- 👤 Friends and family members
- 👤 Other bariatric surgery patients. Often they know just what you are going through. You may find other patients through a support group at your bariatric surgery programme or there may be a group in your local community
- 👤 A mental health professional. If you spoke to one before surgery, you might seek him or her out again. Special counseling or classes may be suggested



Follow up with your doctor

After surgery, be sure to see your doctor as instructed. At first, you may see a member of your healthcare team weekly or monthly. In time, as you adjust to the changes, your visits will be less frequent. Be sure to also involve your primary care doctor and any specialists, as needed, in your progress. This will help you stay healthy.

DISCLAIMER: This information is published to educate you about your specific surgical procedures. It is not intended to take the place of a discussion with a qualified surgeon who is familiar with your situation. It is important to remember that each individual is different, and the reasons and outcomes of any operation depend upon the patient's individual condition.

Our Centres in India

DELHI
JAIPUR KANPUR
 GWALIOR

MUMBAI
PUNE
HYDERABAD
BENGALURU
CHENNAI

 Apollo Spectra Hospitals

Our Services

Consultation | Surgery | Diagnostics | Health Checks |
Pharmacy | Physiotherapy



1860 500 2244

www.apollospectra.com