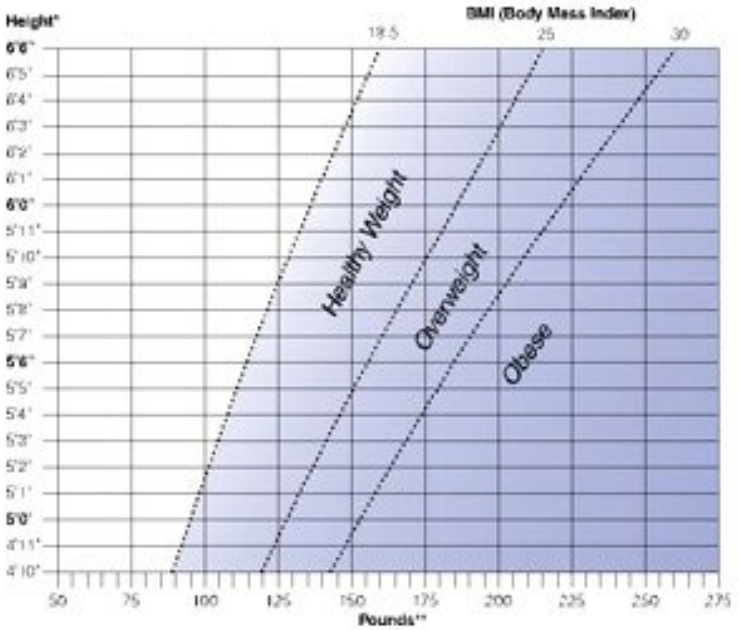
Gastric Sleeve
Pre-op and Procedure

A sleeve gastrectomy is an operation that removes a large portion of your stomach. This operation is performed to help you lose weight. You lose weight with this operation because it restricts the amount of food you can eat. Your stomach will be a narrow tube after the operation (the size of a banana). Your stomach will hold much less food than your normal stomach. Also, the portion of your stomach that is removed produces a hormone that causes hunger.



You are a candidate for this operation if you have morbid obesity, defined as a body mass index (BMI) greater than 40. You may also be a candidate if you have severe obesity related diseases such as: diabetes mellitus 2, obstructive sleep apnea, or cardiopulmonary disease (heart and lung) with a BMI greater than 35. You will need to talk with your surgeon and insurance company to find out if this surgery is right for you.

Sleeve gastrectomy is a good alternative to other treatments of obesity (*bariatric*) operations. It does not require any adjustments after the operation compared with an adjustable gastric band. Also, it is safer than a gastric bypass.

Pre-operation clinic visit

Before your operation you will meet with your surgeon and their team for the treatment of obesity. Here you will find out if you are a candidate for bariatric surgery. The risks and the benefits of the operation will be explained. You will also meet a:

- Dietician who will guide you with your preoperative and postoperative diet.
- An internal medical doctor to manage your obesity related illnesses.
- A psychology team to help with cravings or other mental difficulties.

In addition:

- You will be directed to have certain lab work and x-rays performed.
- You will schedule a special test called a manometry. This test evaluates your esophagus and how it moves.
- You will be placed on a special liquid diet two to three weeks before your operation. This diet helps you lose weight before the operation and decrease the amount of fat in the abdomen. It makes the operation easier for the surgeon and safer for the patient. The dietician will share the details of this with you.

Before your operation:

- Make sure you follow your surgeon's instructions exactly. Stop or continue medications they recommend.
- Do not eat or drink anything after midnight.
- Arrive at the hospital 1 hour before your surgery for check in.
- Shower the morning of your operation.

PROCEDURE

Most sleeve gastrectomies are performed using a laparoscope. A laparoscope is a thin, lighted, pencil-sized tube. Once you are *anesthetized* (asleep), the surgeon inflates your belly (*abdomen*) with a gas (*carbon dioxide*) that makes room to operate. It also makes your organs easier to see. The laparoscope is inserted into the abdomen

through a small incision. Other small instruments are inserted into the abdomen through other small incisions. During the operation, the stomach is divided using a stapler. Part of the stomach is removed through one of the incisions. The remaining stomach is reinforced using a stitch (*suture*) and surgical glue to prevent leakage of the gastric contents. At the end of the procedure, the gas is removed from the inside of your abdomen. The incisions are closed with stitches. These may be covered with a dressing or left open. Because the incisions are small, there is usually minimal discomfort. You will wake up in a recovery room. Once your anesthesia has worn off, you will be moved to your hospital room.

After Your Operation

- You will stay in the hospital, on average, for two days.
- You will be given pain medication and anti-nausea medication.
- You may have a drain from one of the incisions in your abdomen. This drain will stay in place until your first postoperative visit.
- The nursing staff will assist you in getting out of bed the day of, or one day after, your surgery.
- You will start on a liquid diet, the first day after your operation. The dietician will recommend this diet.
- Taking deep breaths and coughing is very important to avoid pneumonia.

Complications

Some of the problems that can occur from this procedure include:

- Infection. A germ starts growing in the incision sites. This can usually be treated with antibiotics.
- Bleeding. This can occur with any surgery. Your surgeon will take all precautions to minimize this risk.
- Damage to tissue or organs in the area may occur. If there is excessive damage, the surgeon may need to change to an open surgery. In this case, one large incision will be made in the center of your abdomen.
- Leakage. The fluid in your stomach may leak into the abdominal cavity. If this happens, you may need another surgery to fix the leak.

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