



## Gastric Bypass

### ***How much weight will I lose with a Gastric Bypass surgery?***

Generally, patients can expect to lose between 10 and 14 pounds per month during the first year after their surgery, this depends on their initial weight at the time of the procedure, the time invested in exercising and if how they follow their diet. Patients can lose between 50% and 80% of their excess weight in 12 to 18 months.

### ***Will I lose all the weight quickly?***

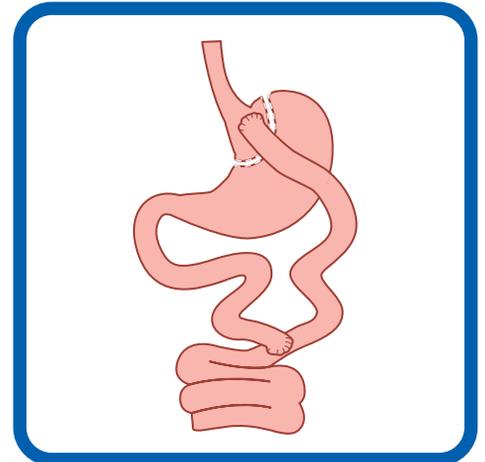
Weight loss is usually faster right after the surgery, since the diet is limited. On average, patients will lose around 10 to 14 pounds each month, and it is recommended to them to follow a healthy and nutritionally complete diet, along with exercise to maximize weight loss.

### ***How long will I have to stay in the hospital after the surgery?***

Generally, patients will remain in the hospital for three to five days after the surgery. This period may be longer due to different circumstances that your Surgeon will inform you about.

### ***Will I have to take medication after the surgery?***

Patients with a Gastric Bypass are usually recommended to take a high-quality multivitamin, calcium, iron and vitamin B12. After two weeks from the surgery, the patient can be prescribed a proton pump inhibitor to protect the stomach and control acid secretions. This information will be given to you by your Doctor before the surgery.



### ***Should I exercise after surgery?***

The risk of developing blood clots after a surgery is higher and physical activity can help reduce it, which is why exercising is recommended after the surgery. It can also diminish gas accumulation problems and help accelerate the weight loss. Patients often realize that their physical activity tolerance increases as they lose weight, which is why it is recommended to create an exercise routine between three or four 30-minute sessions each week.

### ***When will I be able to drive after the surgery?***

Patients can drive 4 to 5 days after the surgery. However, some countries establish a minimum period during which patients should refrain from driving after a surgery. Therefore, it is recommended that you check the specific requirements of each country.

### ***How will my diet change after the surgery?***

For about two weeks after the surgery, a liquid diet should be followed, as bloating between the new stomach pouch, the small intestine that reduces digestive capacity and the staples used to fix this new pouch is likely to occur, which must be protected from stretching.

Patients often experience a dramatic reduction in appetite and usually feel satisfied after a couple of tablespoons. As the recovery progresses, small amounts of solid food will be introduced into the diet, and the most common solid foods will be introduced three months later. Patients are encouraged to follow a healthy and nutritionally complete diet to maximize weight loss, and your Doctor will work with you to develop a diet plan in each of the recovery phases. Patients are encouraged to follow a healthy and nutritionally complete diet to maximize weight loss, and your Doctor will work with you to develop a diet plan in each of the recovery phases.

### ***Can my current medical problems affect my weight loss surgery?***

Certain existing medical conditions may improve after weight loss surgery including GERD, high blood pressure, sleep apnea, high cholesterol or Type 2 Diabetes. It is important that you report your current medical conditions to your Doctor before the surgery, who will advise you specifically about your case.

### ***What is the mortality rate in this procedure?***

The 30-day mortality rate for patients undergoing Gastric Bypass surgery is 0.14%. This is less than in a hip replacement surgery or gallbladder surgery.

### ***What happens if I feel very hungry after the surgery?***

Most patients experience a dramatic appetite reduction after having a Gastric Bypass surgery. It is recommended that patients follow a healthy diet to minimize any cravings, along with cutting back on unhealthy foods. Often there is a physical and psychological component in cravings, and it is important to learn how to distinguish each one. Patients are coached in healthy practices before their surgery.

### ***What can I eat after surgery?***

Patients must follow a liquid diet for two weeks to protect the stomach and maximize the recovery. Your Doctor will work with you to establish a specific diet guideline, taking in account the different physical and health conditions of each patient.

### ***Will the scarring be big?***

In general, there is a minimal scarring. In Laparoscopic surgery, a long incision is not performed. Instead, the Surgeon makes five small incisions through the upper abdomen and these are closed, either with surgical glue or soluble staples. Scars are usually healed in two or three weeks, and their appearance fade away with time.

### ***Will I be able to drink alcohol after the surgery?***

It is not advisable to consume alcohol during the first six to eight weeks after the surgery. Keep in mind that Gastric Bypass surgery causes alcohol to be absorbed faster and patients often feel intoxicated quicker, even with smaller amounts. Alcohol is extremely rich in calories and can slow down a patient's weight loss process. We recommend that patients be especially careful with carbonated alcoholic beverages that can cause bloating and pain in the stomach pouch.

### ***Since when has the procedure been done?***

Gastric Bypass is considered one of the most performed operations among bariatric surgeries, and it has been performed all over the world for more than six years.

### ***What does Laparoscopic Surgery mean?***

While conventional surgery is carried out through a long incision, laparoscopic surgery (also known as “Keyhole”) requires a series of small incisions (5-15mm) through the abdomen. The Surgeon inserts a thin camera and instruments through them, being able to complete the surgery externally.

### ***Is this a reversible surgery?***

Theoretically, Gastric Bypass surgery can be reversible. However, this is a much complex procedure, with significantly more clinical risks for the patient and, therefore, it is only done in extreme circumstances. The patient must understand that Gastric Bypass surgery is a lifelong commitment.

### ***Is it safe to fly after having this surgery?***

Immediately after the surgery, there is a greater risk of developing blood clots. Patients will be provided with special socks and medications, and exercise will be recommended to minimize the risk. Therefore, patients are not recommended to take long distance flights.

### ***Which surgeon will perform this procedure?***

***Dr. José Castañeda Cruz***, a leading Bariatric Surgeon in Mexico, with more than 9,000 procedures successfully performed on his account.