

Gastric Sleeve



How much weight will I lose with a Gastric Sleeve surgery?

Generally, patients can expect to lose 10 pounds per month, achieving a loss of 20% to 80% of excess weight during the first 2 years, this depends on their initial weight at the time of the procedure, the time invested in exercising and if how they follow their diet.

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 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?

The procedure usually takes about 60 and 90 minutes. However, patients will spend the night at the hospital and return home the next day after performing medical tests and checking that the operation has been successfully completed. In case you must stay longer, you will be informed in advance by your doctor, **Dr. Castañeda**.

How long will I have to stop working?

The period of work leave depends on the type of work. Some patients may experience a sensation of having less energy and weakness after a Gastric Sleeve surgery, while others recover relatively quickly. Patients are usually advised to take two or three weeks off work, however for patients with physically demanding jobs this period may be longer.

Will I have to take medication after the surgery?

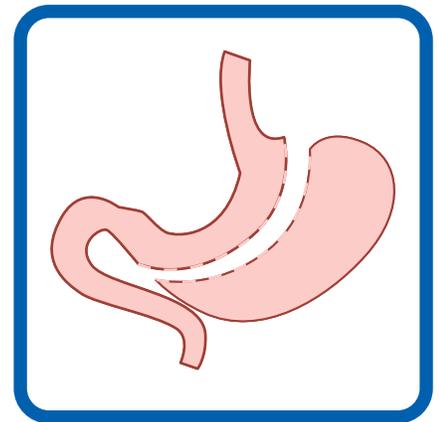
Patients with a Gastric Sleeve are usually recommended to take a high-quality multivitamin, folic acid, iron and vitamin B12. Immediately after the surgery it is likely that you will be given tablet or liquid analgesics with a proton pump inhibitor to protect the stomach and control acid secretions. 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 increase calorie burning throughout the day and strengthening of the body and the joints. 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?

Patients are encouraged to follow a mixed and healthy diet to maximize weight loss and establish a pattern of healthy eating habits. Going back to low quality dietary habits can cause a reduction in the rate of weight loss. Patients will be allowed to include a wide range of foods in their diet, which will be designed by one of our Doctors during each recovery phase.

Can my current medical problems affect my weight loss surgery?

Gastric Sleeve surgery is ideal for patients whose current weight or medical problems prevent them from undergoing other procedures that would be dangerous. Pre-existing conditions such as Type 2 Diabetes, sleep apnea and high blood pressure improve with weight loss, therefore, this surgery can be beneficial for them. It is crucial to inform and discuss all these existing medical conditions with your Doctor before surgery, to ensure that all necessary tests are done, and the risks are minimized.

What is the mortality rate in this procedure?

The mortality rate for patients undergoing a Gastric Sleeve surgery is of 0.08%. This is less than in a hip replacement surgery or gallbladder surgery.

What happens if I feel very hungry after the surgery?

Often there is a physical and psychological component in cravings, and it is important to learn how to distinguish each one. Gastric Sleeve surgery removes the section of the stomach responsible for the secretion of hormones that induce cravings, so patients often experience a significant reduction in appetite. 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, and must be covered for a week after the surgery.

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 a Gastric Sleeve 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 Sleeve surgery has been an independent procedure in the past two years ago. Before this, it was implemented as an initial procedure composed of two phases for patients who had significant obesity and could not be subjected to other types of surgeries. It was discovered that the Gastric Sleeve surgery offers significant weight loss benefits, as well as for health, eliminating the need for additional surgeries.

What does Laparoscopic Gastric Sleeve 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?

This surgery involves the permanent removal of a large part of the stomach and, therefore, the procedure is not reversible.

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.