

## SLEEVE GASTRECTOMY

- For overweight persons unable to reduce their weight using dietary measures or exercise, surgical options include sleeve gastrectomy which is a procedure where the stomach is reduced in size so on the long run, the patient won't eat much thus reducing weight.
- Usually, the operation is indicated for those with body mass index above 40 or more than 35 with medical issues resulted from increased body weight as diabetes, hypertension, heart and respiratory problems.

### Options

- **Laparoscopic Sleeve Gastrectomy:** The standard approach where the operation is done through small wounds in the abdomen. Around 75% of the stomach is resected to become as sleeve.
- **Open Sleeve Gastrectomy:** usually indicated when laparoscopic one is not feasible.

### Benefits

- The operation offers a long term solution for obesity and a chance to start over life with healthy diet and exercise.
- Diabetes, hypertension, joint, heart and respiratory issues usually get improved over time.

### Possible Risks

- **General:** bleeding and infection.
- **Specific:** Stomach leakage and narrowing, injury to surrounding structures.

### Risks of not having an operation

Morbidity and mortality of the operation are less than those of Obesity-related health problems

### Expectations

Hospital stay is usually for 2 days. Fluid intake needs to be little and infrequent using certain kinds to allow for healing of the stomach wound. After discharge, oral intake is increased but still with limitations until around a month after the operation.

### Call the surgeon

If there is severe pain, stomach cramping, chills, or a high fever, odor or increased drainage from the incision, severe vomiting or no bowel movements for 3 days.