

Bariatric Surgery At-a-Glance

| Operation | Frequency Performed | Weight Loss Mechanism | Expected Excess Weight Loss | Optimal BMI Before surgery | Open or Laparoscopic (lap) | Recovery to Normal | Approximate Mortality Risk | Diet After Post-Op* | Vitamin Regimen | Insurance Approved |
|-------------------|---------------------|---|-----------------------------|----------------------------|----------------------------|----------------------------------|--|---|---|--------------------|
| Roux-en-Y | 70% | Restrictive with some malabsorption | 60-70% | < 60 | 80% lap | 1-2 weeks (lap) 4-6 weeks (open) | .3 (3 in 1000) | A* and restriction on sweets/Major intake reduction | Multivitamin/B12 Calcium citrate, iron | yes |
| Gastric Band | 25% | Restrictive only | 40-50% | < 50 | Almost always lap | Less than a week | .1 (1 in 1000) | A* and restriction on sweets/Major intake reduction | Multivitamin | yes |
| Duodenal Switch | 5% | Restrictive w/significant malabsorption | 80-90% | > 45 | Usually open | 2-3 weeks (lap) 4-6 weeks (open) | .75 (7.5 in 1000) With laparoscopy risk is 1.2 (12 in 1000) | No Restrictions/ Minor intake reduction | Multivitamin, Vitamins A and D, calcium citrate, iron | yes |
| Vertical (Sleeve) | Emerging | Restrictive only | To be determined | < 60 | Usually lap | 1-2 weeks (lap) | .3 (3 in 1000) | A* and restriction on sweets/Major intake reduction | Multivitamin, maybe B12 | pending |

A* - May not be able to eat all foods. Certain solids, like red meat, may cause problems

The information contained in this chart is intended to provide general consumer understanding and knowledge of bariatric surgery options. It should not be considered complete and should not be used in place of a visit, call, consultation or advice of your physician or other health care provider. Should you have any healthcare related questions, please call or see your physician or other healthcare practitioner immediately.

To locate a Lourdes Health System bariatric surgeon by phone, call 1-888-LOURDES.