

## Weight-Loss Surgery: Should I Have It?

This decision aid is for adults with a body mass index (BMI) over 35 who have tried losing weight. It is not for people who are pregnant. It has information for the average person, but risks and benefits may vary.

**About Weight-Loss Surgery:** Weight-loss surgery (bariatric surgery) can help reduce your hunger, so you eat less and lose weight. This grid shows information for the 2 most common surgeries, sleeve gastrectomy and Roux-en-Y gastric bypass.

Patient Questions	
<b>What does the surgery involve?</b>	You will be asleep for the surgery. Surgery will make your stomach smaller, so you feel full with less food. You will stay in the hospital for 1 to 2 days. Weight-loss surgery is part of a weight-loss program. The surgery helps, but it is not enough by itself. Before and after surgery, you may see a dietician and therapist. Eating healthy, being active, and taking care of your mental health are important to a weight-loss program.
<b>On average, how much weight do people lose with weight-loss surgery?</b>	People lose a large amount of weight in the first 2 years.  It is common to gain some weight back, but most people maintain weight loss in the long term.  By <b>5 years</b> , people have lost about <b>59% to 69%</b> of the <b>weight they need to lose to get to a healthy weight</b> .  Another way of thinking about weight loss is how much a person's total weight changes. While there is less research on this, people lose about <b>19% to 26%</b> of their <b>total weight</b> by <b>5 years</b> .
<b>What will happen to my health after surgery?</b>	Health problems may get better or go away after surgery. Some problems may come back. If they do come back, this does not mean they are back for good. Sticking to your weight-loss program can help.  Within 5 years after surgery, out of 100 people, about: <ul style="list-style-type: none"><li>• <b>85</b> (85%) have their <b>diabetes go away</b>. A little less than half of these people have it come back.</li><li>• <b>42</b> (42%) have their <b>high blood pressure go away</b>. A little more than half of these people have it come back.</li><li>• <b>41 to 64</b> (41% to 64%) have their <b>high cholesterol go away</b>. It is unclear how many have it come back. Research is limited.</li></ul>
<b>What will happen to the quality of my life after surgery?</b>	Most people have a <b>better quality of life</b> after surgery. You may feel better and find it easier to do your usual activities.

<p><b>What are the short-term harms of weight-loss surgery?</b></p>	<p>Within <b>30 days</b> of the surgery, out of <b>1,000</b> people, about:</p> <ul style="list-style-type: none"> <li>• <b>12</b> (1.2%) have <b>more surgery</b> because of a problem with the first surgery.</li> <li>• <b>3</b> (0.3%) have a <b>blood clot</b>.</li> <li>• <b>3</b> (0.3%) have a <b>serious infection</b> where the surgery was done.</li> <li>• <b>1 to 2</b> (0.1% to 0.2%) <b>die</b>.</li> </ul>
<p><b>What are the long-term harms of weight-loss related surgery?</b></p>	<p>Within <b>5 years</b>, about <b>8 to 18</b> of 100 people (8% to 18%) have <b>more surgery</b>. This is because of a problem with the first surgery or weight regain.</p>
<p><b>When can I return to my usual activities after surgery?</b></p>	<p>Most people return to usual activities <b>between 2 and 4 weeks</b> after surgery.</p>
<p><b>What else should I know?</b></p>	<ul style="list-style-type: none"> <li>• Weight-loss surgery is not always paid for by insurance.</li> <li>• After weight-loss surgery: <ul style="list-style-type: none"> <li>- You will take vitamins daily for the rest of your life.</li> <li>- You will need a special diet for a few months. You need to eat a healthy diet after that.</li> <li>- You will need to avoid alcohol for about 1 year. After that, only drink on special occasions.</li> <li>- You will need to avoid getting pregnant for at least 1 year.</li> <li>- Loose, extra skin is common when people lose weight quickly. Some people want surgery to remove this skin. Insurance may not pay for it.</li> <li>- You may not be able to take some medicines, such as non-steroidal anti-inflammatory drugs (NSAIDs).</li> </ul> </li> </ul>

**Definition**

Nonsteroidal anti-inflammatory drugs (NSAIDs): Medicines such as over-the-counter ibuprofen or naproxen can relieve pain and swelling.