

## Weight-Loss Surgery Options

This decision aid is for adults with a body mass index (BMI) over 35 considering surgery for weight loss. 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 you reduce your hunger, so you eat less and lose weight. This grid shows the 2 most common weight-loss surgeries.

PATIENT QUESTIONS	Sleeve Gastrectomy	Roux-en-Y Gastric Bypass
<b>What does the surgery involve?</b>	<p>A surgeon will remove a large part of your stomach. This turns the stomach into a narrow tube, or sleeve. You will stay in the hospital for 1 or 2 days.</p> <p>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.</p>	<p>A surgeon will use part of the stomach to make a tube that is attached to the small intestine. Food will go through the tube and then into the small intestine instead of the stomach. You will stay in the hospital for 1 or 2 days.</p> <p>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.</p>
<b>On average, how much weight do people lose?</b>	<p>People lose a large amount of weight in the first 2 years.</p> <p>It is common to gain some weight back, but most people maintain weight loss in the long term.</p> <p>By <b>5 years</b>, people have lost about <b>59%</b> of the <b>weight they need to lose to get to a healthy weight</b>.</p> <p>Another way of thinking about weight loss is how much a person's total weight changes. While there is less research on this, people may lose about <b>19%</b> of their <b>total weight</b> by <b>5 years</b>.</p>	<p>People lose a large amount of weight in the first 2 years.</p> <p>It is common to gain some weight back, but most people maintain weight loss in the long term.</p> <p>By <b>5 years</b>, people have lost about <b>69%</b> of the <b>weight they need to lose to get to a healthy weight</b>.</p> <p>Another way of thinking about weight loss is how much a person's total weight changes. While there is less research on this, people may lose about <b>26%</b> of their <b>total weight</b> by <b>5 years</b>.</p>
<b>What will happen to my health after surgery?</b>	<p>No matter which option you choose, health problems often get better or go away after surgery. Some health 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.</p>	<p>No matter which option you choose, health problems often get better or go away after surgery. Some health 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.</p>

	<p>Within <b>5 years</b> after surgery, out of 100 people, about:</p> <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 63</b> (41% to 63%) have their <b>high cholesterol go away</b>. It is unclear how many have it come back. Research is limited.</li> </ul>	<p>Within <b>5 years</b> surgery, out of 100 people, about:</p> <ul style="list-style-type: none"> <li>● <b>85</b> (85%) have their <b>diabetes go away</b>. About one-third 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>64</b> (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>	No matter which option you choose, 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.	No matter which option you choose, 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.
<b>What are the short-term harms of weight-loss surgery?</b>	<p>You may have a lower chance of some short-term harms compared with Roux-en-Y gastric bypass. The chance is small with either surgery.</p> <p>Within <b>30 days</b> of surgery, out of <b>1,000</b> people, about:</p> <ul style="list-style-type: none"> <li>● <b>10</b> (1%) have <b>more surgery</b> because of a problem with the first surgery.</li> <li>● <b>1</b> (0.1%) have a <b>serious infection</b> where the surgery was done.</li> <li>● <b>3</b> (0.3%) have a <b>blood clot</b>.</li> <li>● <b>1</b> (0.1%) <b>die</b>.</li> </ul>	<p>You may have a higher chance of some short-term harms compared with sleeve gastrectomy. The chance is small with either surgery.</p> <p>Within <b>30 days</b> of surgery, out of <b>1,000</b> people, about:</p> <ul style="list-style-type: none"> <li>● <b>22</b> (2.2%) have <b>more surgery</b> because of a problem with the first surgery.</li> <li>● <b>4</b> (0.4%) have a <b>serious infection</b> where the surgery was done.</li> <li>● <b>3</b> (0.3%) have a <b>blood clot</b>.</li> <li>● <b>2</b> (0.2%) <b>die</b>.</li> </ul>
<b>What are the long-term harms of weight-loss surgery?</b>	<p>You may have a lower chance of having more surgery if you have sleeve gastrectomy, but the difference is small.</p> <p>Within <b>5 years</b>, about <b>8 to 17</b> of 100 people (8% to 17%) have <b>more surgery</b>. This is because of a problem with the first surgery or weight regain.</p>	<p>You may have a higher chance of having more surgery if you have Roux-en-Y, but the difference is small.</p> <p>Within <b>5 years</b>, about <b>9 to 18</b> of 100 people (9% to 18%) have <b>more surgery</b>. This is because of a problem with the first surgery or weight regain.</p>
<b>When can I return to my</b>	Most people return to usual activities <b>between 2 and 4 weeks</b> after surgery.	Most people return to usual activities <b>between 2 and 4 weeks</b> after surgery.

usual activities after surgery?		
What else should I know?	<ul style="list-style-type: none"> <li>● After sleeve gastrectomy, people may have <b>more heartburn</b>.</li> </ul> <p>With either surgery:</p> <ul style="list-style-type: none"> <li>● Weight-loss surgery is not always paid for by insurance.</li> <li>● You will need to take daily vitamins 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 nonsteroidal anti-inflammatory drugs (NSAIDs).</li> </ul>	<ul style="list-style-type: none"> <li>● After Roux-en-Y gastric bypass, some people may have <b>more nausea, cramping, or diarrhea right after eating</b>. This may improve over time.</li> </ul> <p>With either surgery:</p> <ul style="list-style-type: none"> <li>● Weight-loss surgery is not always paid for by insurance.</li> <li>● You will need to take daily vitamins 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 nonsteroidal anti-inflammatory drugs (NSAIDs).</li> </ul>

### Definitions

Roux-en-Y: This is the name for the type of gastric bypass. “Roux” is the last name of the person who first described the surgery. “en-Y” comes from how the surgery looks on the inside when it is finished.

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