

Vsg | Gastric sleeve | Sleeve Gastrectomy | Vertical Gastric Sleeve

I think you have heard the term morbid obesity” a lot these days and you might be thinking what exactly it is. It means weighing more than average normal weight. If you come under this category and would like to shed more than 100 pounds then exercise and diet are not enough for this. The ideal solution would be to go for laparoscopic bariatric surgery to shed those extra kilos and enjoy a healthy lifestyle. The other name for this method is laparoscopic gastric bypass surgery which is less risky than the usual abdominal surgery, as it requires fewer incisions. If you are looking forward to go for this method then it is advisable to find a good bariatric surgeon and find out whether you are suitable for laparoscopic bariatric surgery,

The procedure:

In this surgery procedure the surgeon makes on an average of four to five small openings in the abdomen in order to pass a camera, light and some other surgical instruments directly into the spot. After this the abdomen is puffed up with carbon dioxide, and the surgeon uses surgical instruments to either restrict the size of stomach with a band which is called as gastric banding process. The gastric band is a hollow ring that surgeons wrap around the upper portion of the stomach using a port which is placed under the skin and set into position with sutures. It is filled with fluid which tightens the ring and reduces the capacity of the stomach. The gastric band can be adjusted throughout the life time of the patient. They can also decrease the size of the stomach which is called gastric bypass. Further the surgeon may also perform sleeve gastrectomy where in about two-thirds of the stomach is detached.

Advantages:

- Can lose considerable amount of weight within 1 year after surgery
- It is a better option for people who are 100 pounds over than their ideal weight
- It would be utmost 6 months by the time patient loses weight
- A specific and correct procedure

Disadvantages:

- Majority of the patients need to undergo abdominoplasty to stiffen their loose skin and to get rid of skin folds.
- Everyone who undergo this process needs to maintain special eating habits, Like changing your eating timings.
- Have to take some time off work and other things. It would be around 3-5 weeks.

Recovery process also includes:

- Taking mineral and vitamin supplement. The essential one is vitamin B-12
- Incorporate exercise into daily schedule
- You have to visit the doctor frequently for follow-up care plan.

These are some of the advantages and disadvantages of Laparoscopic Bariatric Surgery.

URL: <http://www.obesitysolutioncentre.com>