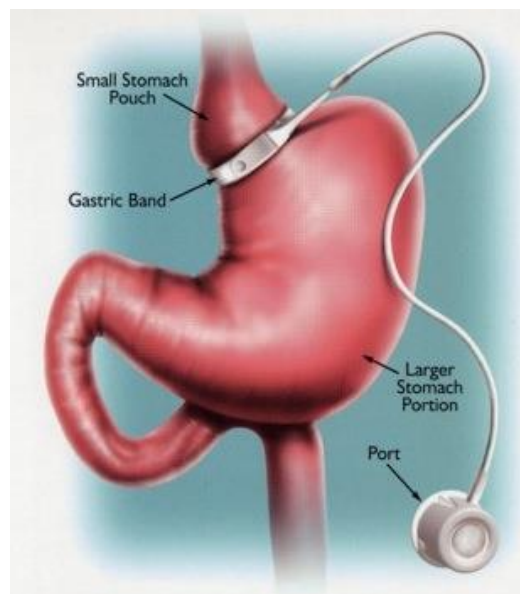


## Adjustable Laparoscopic Gastric Banding

### PATIENT/FAMILY INFORMATION SHEET

## What is Laparoscopic Adjustable Gastric Banding?

Bariatric surgery is weight loss surgery. Laparoscopic Gastric Banding is a type of bariatric surgery during which the surgeon places an adjustable silicone ring around the uppermost part of the stomach to create a small pouch to hold food. The inner surface of the silicone ring is filled with saline (salt and water solution.) The procedure leaves a small opening into the stomach which increases the time it takes for a small portion of food to empty into the stomach. You feel full sooner and stay full longer. The surgeon uses a laparoscopic technique and makes 5 small incisions in the abdominal wall. The technique eliminates the need for a large open incision. During surgery the band (silicone ring) is connected by a small tube with an access port. The access port is placed just beneath the skin of your abdomen. This port will enable the surgeon to access and adjust the band by adding or removing saline solution to the band as needed in the post operative period.



Source: [www.selfregional.org](http://www.selfregional.org)



### **What should I expect before surgery?**

Your surgeon will ask you to be evaluated by other health care providers before you have this surgery in order to obtain medical clearance. Also, this information may be required by health insurance providers in order to obtain preapproval for the procedure. Your evaluation may involve:

- A complete physical exam
- Respiratory function test and exam of gastrointestinal tract
- Blood test and other tests to make sure you are healthy enough to have the procedure
- Nutrition education about new eating habits and food choices.
- Visit with your physician to make sure other medical problems you have, such as diabetes, high blood pressure are under control.
- Visit with a mental health provider to make sure you are emotionally ready for surgery. You must be able to make changes in your lifestyle after surgery.
- During the week before surgery you may be asked to stop taking certain medications.

### **What should I expect after surgery?**

- On the day of surgery you will have an X-ray to allow the surgeon to see that the gastric band is in the right place and that the new stomach outlet is open.
- You will be allowed to only take occasional sips of water on the first day.
- You will be given medication for pain and you will be assisted out of bed as soon as tolerated.
- It is common to be discharged from the hospital the same day of the procedure.

### **What do I need to do for follow-up?**

A discharge packet will be given to you by the Bariatric Coordinator. Follow up with your health care team is very important for diet management and postsurgical care. You will be seen by your surgeon in 7-10 days after the procedure. You can expect the following:

- Clear liquid diet for about 1 week after surgery
- A specific progression of your diet, proceeding to pureed and soft foods, and finally to regular foods.
- To be limited to very small amounts of food because of the reduction in the size of your stomach pouch.
- Usually 4-6 weeks after surgery your surgeon will assess you to determine if the band needs adjustment.



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## **What do I need to report to my surgeon?**

Contact your physician if you experience any of the following:

- You have questions or concerns about your surgery
- You get a temperature over 101F
- Severe abdominal pain
- Pain, redness or drainage at the surgical sites

Participation in the Greenwich Hospital Bariatric Surgery Support Group is an important pathway to successful adjustment to your new lifestyle. A schedule will be given to you upon discharge.

Source: *Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program*  
[www.MBSAQIP.org](http://www.MBSAQIP.org)

*If you have any questions about Bariatric surgery at Greenwich hospital, please call the Greenwich Hospital Bariatric Program coordinator at 1-203-863-3646 or*  
[Katrina.melei@greenwichhospital.org](mailto:Katrina.melei@greenwichhospital.org)

*For more Patient Fact Sheets, see the Greenwich Hospital web site at*  
[www.greenwichhospital.org](http://www.greenwichhospital.org) *and Click on Patients & Visitors, then click on*  
*Patient Education*

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