

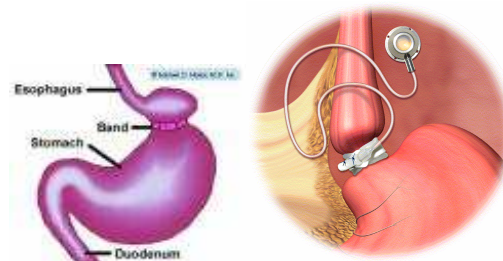


Laparoscopic Adjustable Gastric Banding

A patient Information Leaflet

Procedure

This entails a laparoscopic implantation of a Silastic band around the stomach just below the gastro-esophageal junction to section off a small portion called as *stomach pouch* creating an hour-glass effect. A small outlet, about the size of a pencil eraser, is left at the bottom of the stomach pouch.

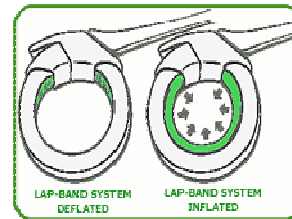
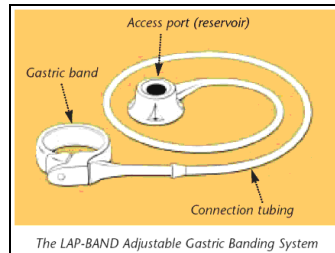


Effects

The hour glass configuration only constricts the upper stomach thus acting as a pure restrictive operation. Since the outlet is small, food stays in the pouch longer and one also feels satiated for a longer time.



The Band



In the picture above you can see the Adjustable Gastric Band that will be placed around your stomach. The band consists of a silicone ring with its inner balloon, a connecting tube and a reservoir port.

The silicone ring passes around the stomach and the reservoir is placed under the skin in the midline just below your chest such that it can easily be felt while lying down. We can inject a needle through the skin into the reservoir and add or remove fluid to adjust the size of the stomach outlet.

Who needs LAGB

- ☑ Presence of serious sequelae of morbid obesity
- ☑ 30 kg overweight or a BMI > 33 kg/m² for more than 5 years with at least one co-morbidity.
- ☑ BMI ≥ 37 with or without co-morbidities
- ☑ Failure of sustained weight loss on supervised dietary and conservative approaches
- ☑ Absence of an endocrine cause
- ☑ Acceptable operative risk
- ☑ Compulsive eaters
- ☑ Educated and a compliant patient



Merits

- ☺ Avoids open surgery, saving the patient the discomfort of a large incision.
- ☺ Least invasive of currently available surgical options
- ☺ Expedites recovery
- ☺ Does not cause any disturbance in the anatomy of the upper gastrointestinal tract, except for the band below the O-G junction
- ☺ Band is inflatable and can be adjusted over time
- ☺ Is completely reversible
- ☺ Good %EWL over long time period

Before the operation

Before the operation you will undergo a complete health check. In addition we will also maintain your medical and diet history as we have to rule out the following –

- ✂ Alcohol or drug abuse
- ✂ Endocrine cause for obesity
- ✂ Severe psychological problems or mental illness.

7 days prior to the scheduled operation, you will be kept on an optifast diet. The purpose of this pre-operative liquid diet is to –

- ✂ To reduce liver swelling and
- ✂ To assess your readiness for the operation

Possible Complications

Immediate

- ✂ Anaesthesia complications
- ✂ Bleeding
- ✂ Injury to stomach, liver, spleen during the procedure



- ✂ Pulmonary embolism
- ✂ Wound infection

Late

- ✂ Band Infection or port side infection
- ✂ Band Slippage
- ✂ Oesophageal dilatation
- ✂ Band Erosion

Post operative Care Diet

After the surgery, in general your diet will progress through the following stages –

DAY 1: STEP 1 – CLEAR LIQUID DIET

DAY 2 TO DAY 15: STEP 2- FULL LIQUID DIET

DAY 15 TO DAY 30: STEP 3 – SEMI SOLID DIET

STEP 4 - REGULAR DIET

Vomiting

Sip your liquids. Slow and easy does it.

If you gulp down liquids during the liquid phase you could very well end up vomiting. If this occurs regularly, more so in the first month, there is a danger of band displacement. Thus one has to be very careful of drinking/eating fast especially in the first few weeks post the procedure.

Regular vomiting is definitely a warning sign and would call for fluid readjustment.

Medication

Medication for your co-morbidities like diabetes, hypertension or asthma will have to be reduced after the surgery and it is best that you consult your doctor about this matter. Besides, certain medications in large forms viz capsules, tablets may require alteration to allow passage.



Pregnancy

The period between surgery and weight stabilization is a period of relative starvation. Thus it is not advisable to conceive during this phase of weight loss and one should avoid any pregnancy for at least 12 to 18 months after surgery.

After the stabilization phase, if you wish to conceive we will loosen your band to facilitate increase intake and meet the maternal and fetal demands of nutrition. In addition, you will be advised a multivitamin capsule per day.

Follow-Up

- ✦ Scheduled Follow-up visits at 6 weeks, monthly for the first six months and yearly thereafter.
- ✦ As and when medically required

Expected Results

With the LAGB, weight loss can be attained at any time after the operation according to your needs and optimal health. This is because the diameter of the gastric band can be modified by injecting or removing fluid via a port placed under the skin.

In general, you could expect –

- Loss of 50-60% excess weight by the end of 1.5 years.
- Improvement in associated co-morbidities
- Greater capacity for physical activity
- Improvement in quality of life.

Cost & Hospital Stay

- Overnight Stay in the hospital
- Cost varies according to the package/choice of room