

What is Vertical Sleeve Gastrectomy?

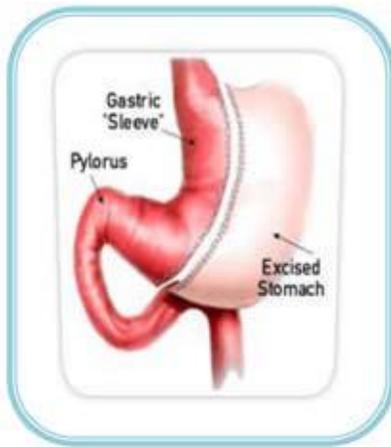
Vertical sleeve gastrectomy (VSG) is one of the types of bariatric surgery performed on qualified patients for rapid weight loss. During this procedure, part of the stomach is removed and the remaining portion is stapled closed. After surgery, the new stomach pouch is about the size and shape of a small banana and can only hold two to five ounces of food or liquid at a time.

Post-surgical Behaviors

- Eat slowly
- Avoid fried foods
- Consume smaller portions
- Eat protein at all meals
- No carbonated beverages
- Eat 3 meals per day
- No fluids with meals
- Avoid sweets

Benefits of Sleeve Gastrectomy

- Stomach still functions normally so most foods can still be consumed just in smaller amounts
- Intestine is not bypassed in VSG so it reduces the risk of protein and vitamin deficiencies
- Eliminates part of the stomach that produces Ghrelin (hormone that stimulates hunger)



Risks of Sleeve Gastrectomy

- It is nonreversible since a portion of the stomach is removed
- Stapling of the stomach can lead to leaking or other complications
- Higher potential for inadequate weight loss and weight regain
- Patients with a higher BMI may need to have a second stage surgery for increased weight loss

Nutrition

There have not been many studies done on vertical sleeve patients to determine which nutrients are at risk of being diminished due to surgery. In the few studies that have been done, the nutrients that were found to be at higher risk were iron, thiamine, vitamin B12, and folate. Your medical provider or nutritionist should monitor your serum levels and dietary intake.

Since a post-surgical patient cannot consume large amounts of food, it is very important to be on diet that is high in protein and low in carbohydrates. Every patient should consume at least 0.8 grams of protein per kilogram of body weight daily. Consult with your provider or nutritionist to create a personalized diet that provides adequate nutrition and maximizes weight loss.