

Find out more about the Gastric Band.

If you are considering a Gastric Band procedure we would like you to be as well informed as possible.

Will I have to follow a special Diet?

Yes. You will be required to follow a Pre-op Liver Shrinkage diet for 1-2 weeks prior to your surgery. This is a diet low in fat, sugar and carbohydrates. The diet helps reduce the size and weight of the liver.

After surgery you will reintroduce food slowly over a 6-8 week period. The stages consist of a fluid diet for 2 weeks, pureed diet for 2 weeks, soft mashed diet for 2 weeks and then normal healthy food.

Our Dietitian will discuss both the pre and post-surgery diets with you during her consultation.

Are any foods restricted after having the Gastric band?

No foods are restricted after having the gastric band but you will be expected to follow healthy eating guidelines. However there are certain food groups that are known to be problematic and difficult to tolerate. These include bread, rice, pasta, red meat, and any foods with a pith or skin. The Dietitian will discuss problematic food groups with you during her consultation.

What are the risks associated with the Gastric Band?

As with any type of surgical procedure there are operative and long term complications associated with the Sleeve Gastrectomy

Operative Complications include:

Bleeding

Infection

Clots in the Lung (Pulmonary Emboli)

Clots in the Leg (Deep Vein Thrombosis)

Complications due to the anaesthesia

Injury to surrounding organs

Long term complications include:

Port site hernias

Pouch Dilatation

Reflux

Slippage

Erosion

Blockage of the band

Port site infection

Twisting or flipping of the port

Patients should be aware that success with the band requires major long term changes to diet and lifestyle to prevent weight regain.

Always remember that the Gastric band is a tool to help you lose weight, it is not a cure for obesity.

Is the Gastric Band a reversible procedure?

Yes. It is possible to remove the gastric band once it is inserted. However, it is never our aim to remove the band. If you are successful with losing weight with the gastric band and then have it removed you are likely to regain back all the weight you have lost.

How long will I have to stay in the Hospital?

It is normal to stay in the hospital for 1 night following your surgery

Will I need time off work?

Yes. The length of time you will require off work will depend on your profession. As a guide it is normal to take between 1-2 weeks off.

How often will I require an adjustment to my gastric band?

This will depend on your weight loss and the restriction the band is giving you. It will vary from person to person.

How does gastric band work?

Gastric band is an inflatable silicone band placed around upper part of the stomach. Gastric band is connected to a port, which is fixed over abdominal muscle. When gastric band is inflated it restricts amount of food eaten by narrowing food passage.

Who will I see before my Surgery?

Your first appointment will be with Mr Irukulla, Upper GI and Bariatric Consultant Surgeon. You will then see both the Bariatric Specialist Nurse, Natasha Smith and the Bariatric Dietitian, Deborah Norman.

We're here to help with any questions you have about any of the procedures we offer.

To find out more about Nu-life Surgery please either:

- Call us on 01483 724833
- Send an email to enquiries.nulifesurgery@gmail.com
- Fill out our general enquiry form
- Make a consultation enquiry