



Weight loss and improvement of medical conditions are the main reasons people choose to have bariatric surgery. Michigan Medicine participates in the Michigan Bariatric Surgery Collaborative (MBSC) project. The MBSC project collects data from patients who have undergone bariatric surgery (both pre- and post-op), which will help provide projected weights for incoming patients to our program.

Since the Michigan Medicine Adult Bariatric Surgery Program is part of the MBSC, you will be provided with a projected post-surgery weight based on your desired surgery, your current body mass index (BMI), and other medical conditions you may have. It is important to remember that the projected weight given to you is just **an average** weight based on what other bariatric patients have reported. It is normal to regain 5-10% of your weight back within the first few years' post-op before your weight stabilizes. Your projected goal weight will be re-evaluated closer to the time of surgery. Below are tips that can help you succeed with your desired weight loss.

How much weight will I lose?

It is not guaranteed that you will lose a specific amount weight. The pouch is only a tool to help you succeed in your weight loss and weight maintenance program. In order to be successful, you should practice the lifestyle changes before surgery.

It is **highly recommended** that you maintain your current weight or lose weight before surgery in order to have the greatest success. People who take part in “last feasts” or “food funerals” find that these eating excursions can contribute to weight gain before surgery. Making changes to your diet now can help

initiate good habits for after your bariatric surgery, which will help with having the greatest weight loss. Insurance could deny payment for surgery if you gain weight before surgery.

You can maintain your weight loss by following a 1,200 calorie diet, which focuses on eating nutritious vegetables and fruit as well as low-fat dairy products and lean protein. You should also participate in regular exercise. Your calorie level may vary drastically depending on your exercise/activity level. The dietitian will help you in determining exactly how much you need.

What can I expect during the first year after surgery?

The first year after the surgery is generally a very encouraging and rewarding period. It can also be a time of frustration, confusion and fear. The mechanism of the gastric pouch changes almost continuously over the first 12 months after the surgery. After about 6 to 9 months, you may notice that you will be able to eat more than you could immediately after surgery. The return of your appetite and the increased capacity of the gastric pouch signals the progression into the rest of your life, the more difficult phase of weight maintenance.

Will I be able to eat at restaurants?

You can use the “Dining Out” card when ordering at restaurants. This card is given to you during your nutrition class. When ordering off the menu, you may want to present your card and explain that you have had surgery and see if the restaurant is willing to accommodate your needs. Ordering from the “Children’s Menu” means that the portions are smaller, but most times the choices are high fat. Instead, you should order a regular portion of lean meat, fish, or chicken (baked, grilled or broiled) along with steamed or grilled vegetables. For portion control, try sharing your meal with someone or bring the leftovers home. Visit the American Heart Association website at www.americanheart.org/ to search for “healthy eating out tips”.

Will I still be able to attend social events?

Many social functions and celebrations are closely associated with food, ranging from just “going out” to most holiday/family gatherings. After the surgery, you are not able to distract yourself with food and must develop others ways to occupy yourself in these social situations. The more planning you can do before the surgery, the better prepared you will be in these situations.

How will surgery affect my support figures?

You must consider that if the surgery creates the intended results, (dramatic weight loss), it will also cause dramatic and potential irreversible changes in personal relationships with family, friends and co-workers, as well as changes in your relationship with food.

What types of mental health services are available?

You may need the help of a professional counselor or therapist. Our program can provide a list of eating disorder therapists. Mental preparation before the surgery will also increase your success after the surgery. Try to approach the surgery as the beginning of a new phase of your life. Bariatric surgery is a major turning point in your life. The Hunger Within is a 12-week workshop focused on strategies to overcome emotional eating issues. You can register to take this workshop at the beginning of every season.

You can get more information from the workshop flyer here:

<http://www.med.umich.edu/1libr/InternalMedicine/TheHungerWithinFlyer.pdf>

Please contact (734) 763-9259 for more information.

Are support group meetings required?

All patients are required to attend at least two support group meetings before surgery. We encourage you to attend support group after surgery. These groups

provide an opportunity to learn, share information, and develop new friendships with other patients in the program.

How important is exercise?

You must exercise before surgery so that you can get your heart and lungs in the best possible shape for the surgery. The better shape your lungs, heart and muscles are going into the surgery, the easier and quicker you will heal after the surgery. Develop a regular exercise program now, but get your primary care physician's approval first! Aim for at least 10 minutes of activity at a time, if you are just getting started.

- Your goal for the first two weeks post-op: 30-60 minutes of daily exercise (walking will be your primary form of exercise. No swimming or water activities until all your wounds are healed)
- Your goal after the two-week post-op visit: 60 minutes of aerobic exercise daily. Schedule strength training workouts at least 2-3 non-consecutive days every week.

The Bariatric Conditioning Program offers individual and group personal training. For more information, please contact them at:

- Phone: (734) 232-1262
- E-mail: pmr-transitions.med.umich.edu

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