



Laparoscopic Sleeve Gastrectomy

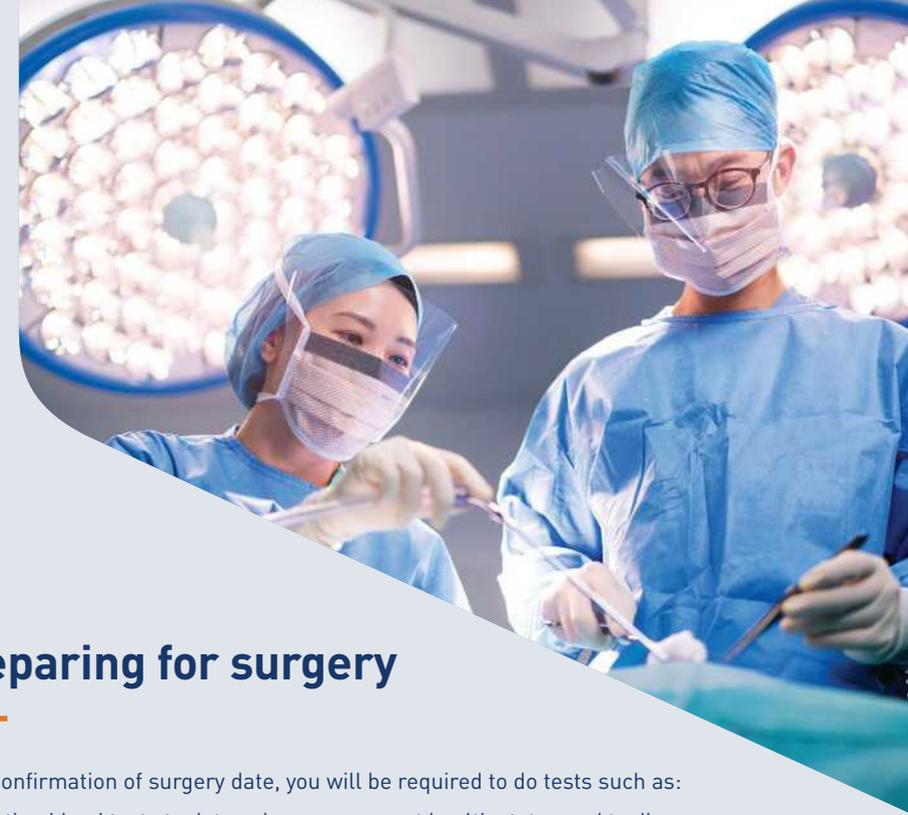
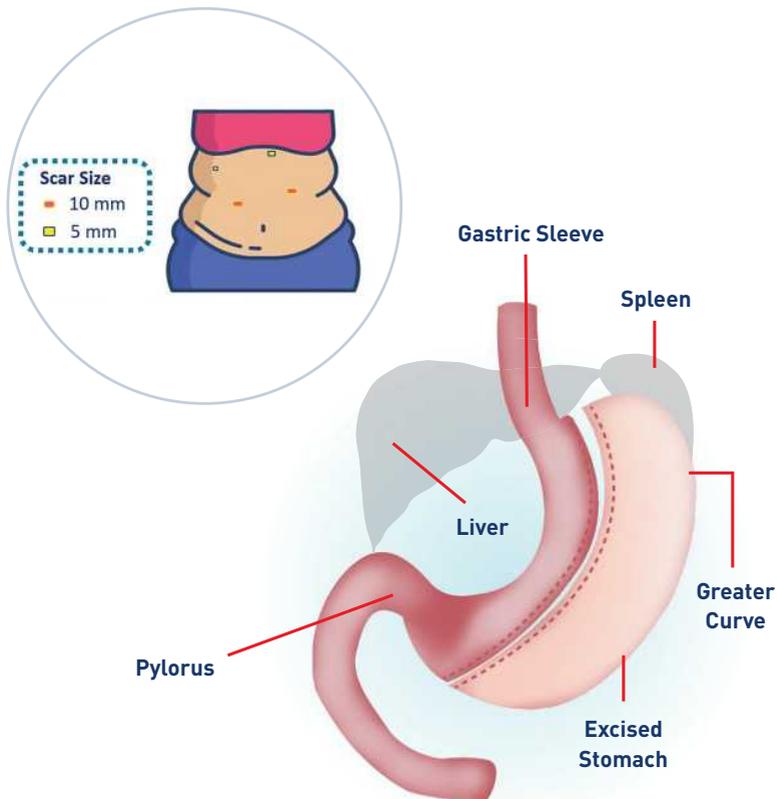
COMS (Centre for Obesity
Management and Surgery)

What is Laparoscopic Sleeve Gastrectomy?

It is a keyhole surgery, where the outer side of the stomach is removed. Thus, the stomach volume is reduced, which leads to early satiety and result in a profound loss of urge to eat.

Criteria for surgery:

- BMI of 37.5kg/m^2 with one co-morbid illness
- BMI of $32.5 - 37.5\text{kg/m}^2$ with co-morbidities
- Unsuccessful attempts of lifestyle intervention and medical therapy
- Committed and motivated patients



Preparing for surgery

Upon confirmation of surgery date, you will be required to do tests such as:

- Fasting blood tests to determine your current health status and to diagnose you with metabolic diseases associated with obesity, if any
- Gastroscopy to check the stomach for any abnormalities
- An anaesthetic review to assess fitness for surgery
- Other tests may be ordered if deemed necessary

+ Before the day of surgery

- Please fast at least eight hours or longer as instructed by your doctor
- Take oral medications as instructed by your doctor/anaesthetist
- Please stop taking your diabetes medications
 - on the day of the surgery (if you take it daily)
 - a week prior to surgery (if you take it weekly)
- Please stop metformin 48h before surgery

+ Key associated risks

- Risks related to General Anaesthesia
- A broken staple line
- Surgical site or intra abdominal infection
- Bleeding from the staple line
- Develop reflux
- Death

What happens after surgery?

+ After surgery, you will be

- Admitted to a general or high dependency ward for recovery and monitoring
- Given pain killer, intravenous fluids and be fasted till your doctor's review
- Seen by dietitian to commence oral fluids
- Encouraged to walk

+ Upon discharge, you will

- Be given oral medications (please crush all oral medications unless otherwise specified)
- Stop all diabetic medications unless specifically instructed by your doctor
- Be given a tailor made dietary plan to follow by the dietitian
- Be given hospitalisation leave (if required)
- Be able to remove your wound dressing a week after surgery. Keep surgery site clean & dry. It is safe to shower over the exposed wound.
- Follow up with your doctor 2 weeks after your surgery. Your stitches will be removed and you will meet the dietitian for escalation of diet, from liquid to pureed diet.

What will be my diet after surgery?

+ You will feel full or satisfied after small meals

- Avoid carbonated drinks, tea and coffee for three months.
- Avoid drinking with a straw for two months as it results in air ingestion, causing discomfort and bloating.

Dietary regime after surgery:

- Week 1 & 2: Liquid diet
- Week 3 & 4: Blended diet
- Week 5 to 8: Soft diet
- Week 9 onwards: Resume normal diet



Once you resume your normal diet, you will have good satiety with small quantities of healthy food.

Our dietitian will tailor a diet specially for you. You should comply and be on this diet till your next clinic review. They will provide you with a target weight loss chart, calculated based on your weight.

What exercises/activities can I do?

- Brisk walking is strongly encouraged, twice a day for 30 minutes
- Do not lift heavy loads for 2 weeks after surgery.
- You may start to slow jog or swim a month after surgery.
- You can go back to work within 10 days after surgery, depending on the physical demand of your job.
- Do not have sexual intercourse for a month
- Do not plan long distance travelling for 6 weeks after surgery
- Do not fast at least one year after surgery
- Do not get pregnant for at least 2 years after surgery

Please contact our helpline or visit the A&E if you experience the following after surgery:

- Pain, redness or swelling over the wound site or lower limbs
- A fever higher than 37.9°C
- Increasing pain in the abdomen, upper chest or left shoulder
- Persistent diarrhoea that occurs more than 4 times a day
- Persistent vomiting or nausea or dizziness
- Blood in your vomit or stool



Our Patient Care Institutions

National University Hospital
Ng Teng Fong General Hospital &
Jurong Community Hospital
Alexandra Hospital
National University Polyclinics
Jurong Medical Centre
National University Cancer Institute, Singapore
National University Heart Centre, Singapore
National University Centre for Oral Health, Singapore
NUHS Diagnostics
NUHS Pharmacy



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OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

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