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Weight Loss Surgery

Also called: [Bariatric surgery](#), [Bypass surgery](#), [Gastric banding](#), [Obesity surgery](#)


Weight loss surgery helps people with extreme **obesity** [<https://medlineplus.gov/obesity.html>] to lose weight. It may be an option if you cannot lose weight through diet and exercise or have serious health problems caused by obesity.

There are different types of weight loss surgery. They often limit the amount of food you can take in. Some types of surgery also affect how you digest food and absorb nutrients. All types have risks and complications, such as infections, hernias, and blood clots.

Many people who have the surgery lose weight quickly, but regain some weight later on. If you follow diet and exercise recommendations, you can keep most of the weight off. You will also need medical follow-up for the rest of your life.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases


Start Here

- [Gastric Bypass Surgery](https://www.mayoclinic.org/tests-procedures/bariatric-surgery/about/pac-20394258?p=1) [<https://www.mayoclinic.org/tests-procedures/bariatric-surgery/about/pac-20394258?p=1>] (Mayo Foundation for Medical Education and Research)
- [Gastric Bypass Surgery: Who Is It For?](https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/gastric-bypass-surgery/art-20046318?p=1) [<https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/gastric-bypass-surgery/art-20046318?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/weight-loss/in-depth/gastric-bypass-surgery/art-20046318?p=1>]
- [Weight-Loss \(Bariatric\) Surgery](https://www.niddk.nih.gov/health-information/weight-management/bariatric-surgery) [<https://www.niddk.nih.gov/health-information/weight-management/bariatric-surgery>]  (National Institute of Diabetes and Digestive and Kidney Diseases)

Living With

- [Gastric Bypass Diet: What to Eat After the Surgery](https://www.mayoclinic.org/tests-procedures/gastric-bypass-surgery/in-depth/gastric-bypass-diet/art-20048472?p=1) [<https://www.mayoclinic.org/tests-procedures/gastric-bypass-surgery/in-depth/gastric-bypass-diet/art-20048472?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/gastric-bypass-surgery/in-depth/gastric-bypass-diet/art-20048472?p=1>]


Related Issues

- [Bariatric Surgery](https://www.endocrine.org/patient-engagement/endocrine-library/bariatric-surgery) [<https://www.endocrine.org/patient-engagement/endocrine-library/bariatric-surgery>] (Endocrine Society)
- [Body Contouring After Major Weight Loss](https://www.plasticsurgery.org/cosmetic-procedures/body-contouring) [<https://www.plasticsurgery.org/cosmetic-procedures/body-contouring>] (American Society of Plastic Surgeons)
- [Dieting and Gallstones](https://www.niddk.nih.gov/health-information/digestive-diseases/gallstones/dieting) [<https://www.niddk.nih.gov/health-information/digestive-diseases/gallstones/dieting>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-digestivas/calculos-bilares/dieta>]
- [Dumping Syndrome](https://www.mayoclinic.org/diseases-conditions/dumping-syndrome/symptoms-causes/syc-20371915?p=1) [<https://www.mayoclinic.org/diseases-conditions/dumping-syndrome/symptoms-causes/syc-20371915?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/dumping-syndrome/symptoms-causes/syc-20371915?p=1>]

Specifics

- Bariatric Surgery Procedures [<https://asmbs.org/patients/bariatric-surgery-procedures/>] (American Society for Metabolic and Bariatric Surgery)
- FAQs of Bariatric Surgery [<https://asmbs.org/patients/faqs-of-bariatric-surgery/>] (American Society for Metabolic and Bariatric Surgery)



Health Check Tools

- Adult BMI Calculator [<https://www.cdc.gov/bmi/adult-calculator/index.html>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/bmi/es/adult-calculator/index.html>]
- Calculate Your BMI [<https://www.nhlbi.nih.gov/calculate-your-bmi>]  (National Heart, Lung, and Blood Institute)

Statistics and Research

- Estimate of Bariatric Surgery Numbers, 2011-2021 [<https://asmbs.org/resources/estimate-of-bariatric-surgery-numbers/>] (American Society for Metabolic and Bariatric Surgery)

Clinical Trials


- ClinicalTrials.gov: Bariatric Surgery [<https://clinicaltrials.gov/search?intr=bariatric+surgery&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Gastric Bypass [<https://clinicaltrials.gov/search?intr=%22gastric+bypass%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Efficacy and safety of ciprofol for the induction of general anesthesia... [<https://www.ncbi.nlm.nih.gov/pubmed/40705792>]
- Article: Nutritional deficiencies after sleeve gastrectomy and Roux-en-Y gastric bypass at 10... [<https://www.ncbi.nlm.nih.gov/pubmed/40613787>]
- Article: The effect of 6 months of structured strength or endurance exercise program... [<https://www.ncbi.nlm.nih.gov/pubmed/40515849>]
- Weight Loss Surgery -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Obesity%2Fsurgery%22%5Bmajr%3Anoexp%5D+OR+%22Obesity%2C+Morbid%2Fsurgery%22%5Bmajr%3Anoexp%5D+OR+%22Bariatric+Surgery%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- ABSMS Directory Search [<https://asmbs.org/patients/find-a-provider/>] (American Society for Metabolic and Bariatric Surgery)
- Find an Obesity Medicine Clinician [<https://obesitymedicine.org/about/find-a-provider/>] (Obesity Medicine Association)
- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 

Teenagers

- Gastric Sleeve Surgery [<https://kidshealth.org/en/teens/gastric-sleeve.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/teens/gastric-sleeve.html>]
- Weight Loss Surgery [<https://kidshealth.org/en/teens/bariatric.html>] (Nemours Foundation)

Weight Loss Surgery: An Option for Teens? [<https://www.healthychildren.org/English/health-issues/conditions/obesity/Pages/Weight-Loss-Surgery.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/health-issues/conditions/obesity/paginas/weight-loss-surgery.aspx>]

Patient Handouts

- Diet after gastric banding [<https://medlineplus.gov/ency/patientinstructions/000334.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000334.htm>]
- Gastric bypass surgery [<https://medlineplus.gov/ency/article/007199.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007199.htm>]
- Gastric bypass surgery - discharge [<https://medlineplus.gov/ency/patientinstructions/000172.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000172.htm>]
- Laparoscopic gastric banding [<https://medlineplus.gov/ency/article/007388.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007388.htm>]
- Laparoscopic gastric banding - discharge [<https://medlineplus.gov/ency/patientinstructions/000180.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000180.htm>]
- Vertical sleeve gastrectomy [<https://medlineplus.gov/ency/article/007435.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007435.htm>]
- Your diet after gastric bypass surgery [<https://medlineplus.gov/ency/patientinstructions/000173.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000173.htm>]



MEDICAL ENCYCLOPEDIA

After weight-loss surgery - what to ask your doctor [<https://medlineplus.gov/ency/patientinstructions/000258.htm>]
Before weight-loss surgery - what to ask your doctor [<https://medlineplus.gov/ency/patientinstructions/000259.htm>]
Diet after gastric banding [<https://medlineplus.gov/ency/patientinstructions/000334.htm>]
Gastric bypass surgery [<https://medlineplus.gov/ency/article/007199.htm>]
Gastric bypass surgery - discharge [<https://medlineplus.gov/ency/patientinstructions/000172.htm>]
Laparoscopic gastric banding [<https://medlineplus.gov/ency/article/007388.htm>]
Laparoscopic gastric banding - discharge [<https://medlineplus.gov/ency/patientinstructions/000180.htm>]
Vertical sleeve gastrectomy [<https://medlineplus.gov/ency/article/007435.htm>]
Your diet after gastric bypass surgery [<https://medlineplus.gov/ency/patientinstructions/000173.htm>]

Related Health Topics

Obesity [<https://medlineplus.gov/obesity.html>]

National Institutes of Health

The primary NIH organization for research on *Weight Loss Surgery* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

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