



# **Bariatric Surgeries**

- 1. Gastric Botox**
- 2. Gastric Balloon**
- 3. Gastric Sleeve**
- 4. Gastric Bypass**

**Of course, these operations are chosen for people who suffer from excess weight, and it is not possible to perform any of the sculpting operations for them, such as Vaser Liposuction or body sculpture by any technique.**

**Therefore, they must lose some weight so that the BMI is suitable for sculpting, liposuction or skin cutting**

**How is the choice between these operations for patients?**

**The choice is made based on the amount of excess weight the patient has, so that for each operation a certain amount of weight will be lost as follows:**

**Stomach Botox (10 to 15 kg)**

**Gastric balloon (20 to 25 kg)**

**Sleeve gastrectomy (30 to 35 kg)**

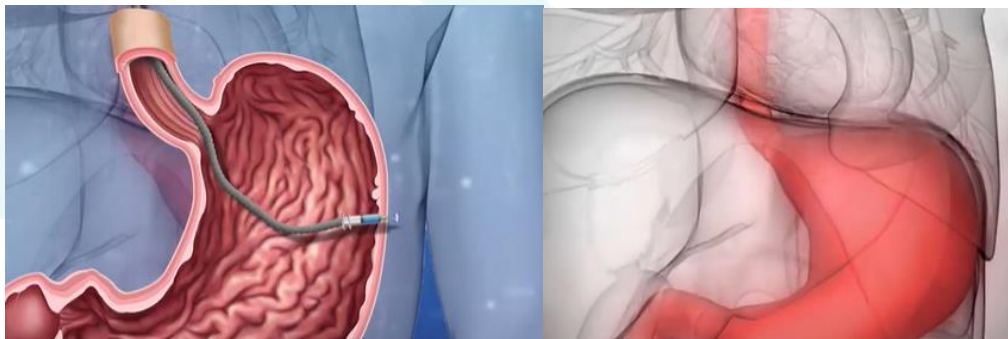
**Converting the track (+ 45 ) kg**

**And this weight is lost during the 6 months following the operation**

**Of course, in the botox and balloon operation, only local anesthesia for the throat (5 days) in Istanbul is sufficient and there is no need to stay at hospital after the it .**

**As for the sleeve gastrectomy and gastric bypass operations, they are performed under general anesthesia (7 days) in Istanbul, two nights after the operation in the hospital.**

# **1. Gastric Botox**



It is considered one of the easiest operations so that it is not called an operation as it is a very simple treatment. Anesthesia is done in the throat only so that the patient does not get upset while inserting the medical endoscope and the other tube in order to inject Botox into the stomach wall.

It is known that Botox is a paralyzing and anesthetic for the muscles, so Botox paralyzes the stomach muscles and reduces the digestive process significantly.

The duration of the visit is 5 or 4 days

The first day of examination and analysis

The second day for medical work (half an hour), there is no need to stay overnight in the hospital

Day 3 and 4 for rest

In addition to a final inspection before traveling on the fifth or fourth day

## Gastric Balloon



It is also more of a treatment than an operation

laryngeal local anesthesia

The balloon is inserted into the stomach and filled with a colored liquid (green or blue) and takes up two thirds of the stomach, so the patient feels full most of the time, and his meals after treatment are limited to a quarter of the usual meals

Of course, the liquid is colored inside the balloon so that if there is any leakage, it is noticed during urination

And it stays inside the stomach from 6 months to a year, depending on the patient's condition

The details of the visit are exactly the same as the details of Botox

The duration of the visit is 5 or 4 days

The first day of examination and analysis

The second day for medical work (half an hour), there is no need to stay overnight in the hospital

Day 3 and 4 for rest

In addition to a final inspection before traveling on the fifth or fourth day

### Things to Do and Follow Before Gastric Balloon Application

Patients need to use a gastric protective drug NEXIUM 5 days before the procedure. They can be used in the morning and evening on an empty stomach.

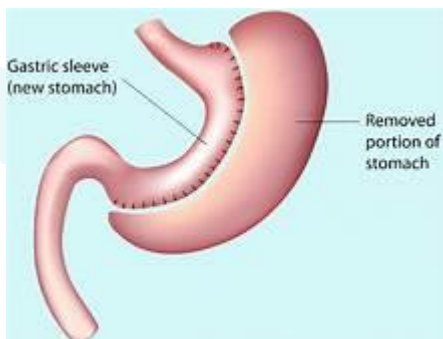
It is absolutely necessary to take EMEND capsules before the procedure. They need to be used 1 hour before the procedure.

\* Patients should stop eating and drinking the night before the procedure.

\* Patients can consume 1 sip of water only to take their medications on the first day after the gastric balloon. Apart from that, it is definitely recommended for patients to spend that day as if they are fasting, so that they do not experience nausea and pain.

Patients who do not follow these rules and do not use their medicines will not be processed. Most of your patients come from abroad. You are kindly requested to pay attention to these rules.

## Gastric Sleeve



**Sleeve gastrectomy its done through 5 holes in the abdominal wall (4 holes of 0.5 cm size and the last size of 1 cm) in order to insert the medical endoscope and medical equipment**

**About 70 to 80 percent of the stomach volume is cut, and the cut part is extracted from the larger hole, in addition to cutting a large part of the hormone responsible for hunger, so the feeling of hunger is very little compared to what it was before the operation**

**Thus, the patient cannot eat more than a quarter of his usual meals involuntarily and not based on desire, as he is with a balloon after extraction**

**The operation is done under general anesthesia and lasts from an hour to an hour and a half**

**The patient stays in the hospital for two nights after the operation**

**First day, inspection and analysis**

**The second day of the operation**

**The third and fourth day in the hospital**

**Fifth and sixth day in the hotel**

**Seventh day control and travel**

**And there will be food system after the operation  
FIRST 15 DAYS**

## **BREAKFAST (08.00)AM**

**One cup of free fat milk (laktozsuz) + 1 and a 1/5 spoon of whey protein powder or one cup of protein milk (protinli süt)**

## **NOON (10.00)**

**200 Mg of plain Activia yogurt (sade).**

**250 ML of shaked yogurt (kefir).**

## **LUNCH (01.00)**

**250 ML of beef or chicken soup (without the pieces) +**

**2 spoons of yogurt +**

**2 spoons of protifar protien.**

## **AFTERNOON (03.00)**

**One cup of free fat milk (laktozsuz)**

**1 and a 1/5 spoon of whey protein powder**

**or one cup of protein milk (protinli süt).**



### **SNACK (05.00)**

**250-300 Ml of sugerfree Compote (boiled fruit).**

### **DINNER (07.00)**

**250 Ml of beef or chicken soup (without the pieces) +**

**2 spoons of yogurt +**

**2 spoons of protifar protien.**

### **BEFORE BED (09.00)**

**250 Ml of shaked yogurt (Ayran) or freefat milk (laktozsuz).**

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### **SECONED 15 DAYS**

**1.5 Litre of water is very important**

### **MORNING (08.00)**

**1 Egg + 2 tomatos + 2 cucumber + 2 spoons of Lor cheese or labanah**

**BEFORE NOON (10.00)**

**250 Ml of light milk (free fat).**

**LUNCH (13.00)**

**2 peices of (beef , lham , turkey) meat or 80gr of tuna meat  
or 4 spoons of coocked vegteble and meat + 2 spoons of protein  
yogurt.**

**SNACK (15.00)**

**Any kind of fruit (one piece is enough) + 2 spoons of protein yogurt.**

**DINNER (19.00)**

**2 Pieces of (beef , lham , turkey) meat or 80gr of tuna meat  
or 4 spoons of coocked vegteble and meat + 2 spoons of protein  
yogurt.**

**BEFORE , DURING AND STREIGHT AFTER MEALS DRINKING WATER IS  
UNWANTED**

**\*PER DAY 60 - 80 gr OF PROTIEN IS ENOUGH.**

## Gastric Bypass

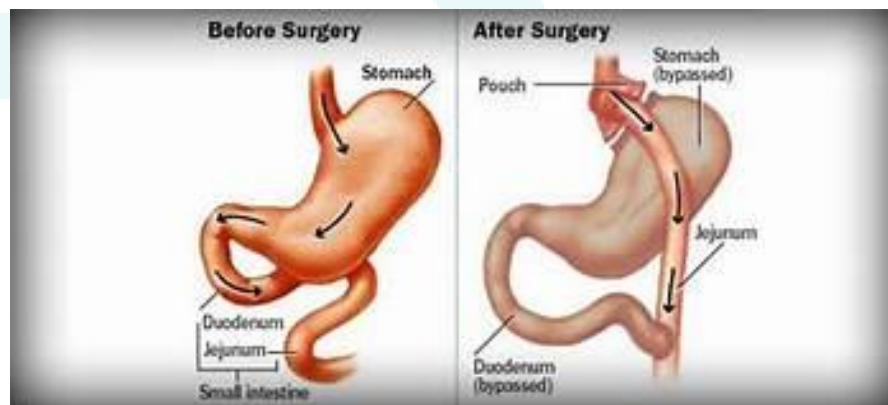
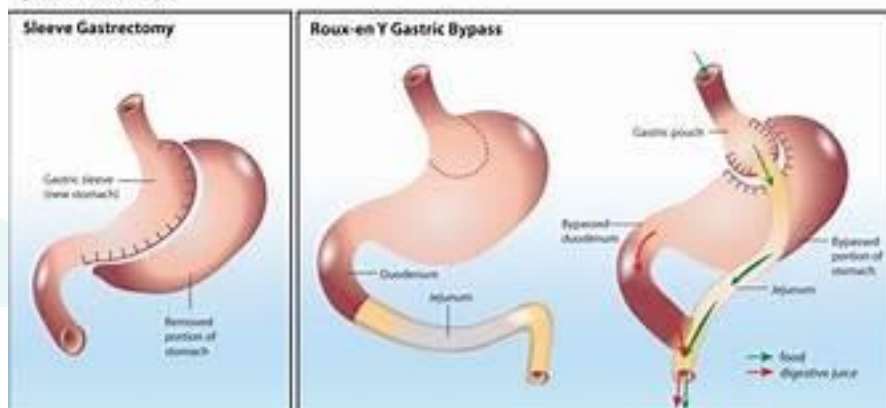


Fig 2. Types of bariatric surgery



**The process of diverting the path is exactly the same as the sleeve process in terms of the external holes, through which the equipment is inserted**

**This process is one of the radical solutions to obesity, so that the stomach is completely disabled**

**The end of the esophagus is separated from the stomach, and the esophagus connects with the small intestine directly, leaving only about 25 mm of the stomach ( Mini Bypass we leave 50 mm ), so that food does not pass from the stomach at all.**

**The stomach is not extracted from inside the body, but rather it is kept. If the patient wants to make sure that he will not gain weight again, it can be returned again (as for the sleeve gastrectomy, this is not possible).**

**Same details about the visit**

**First day, inspection and analysis**

**The second day of the operation**

**The third and fourth day in the hospital**

**Fifth and sixth day in the hotel**

**Seventh day control and travel**

## **Questions and Answers**

### **For the Botox process**

**Does it fade in the stomach after a while, or do we have to do an operation to extract Botox?**

**It fades with time, just like the Botox used in the face, which loses its effectiveness over time (about 6 months).**

**\* It is possible to perform the sleeve gastrectomy more than once  
So that the stomach expands with the passage of time (one and a half to two years)**

**So that some patients cannot get used to eating less during the first year of the operation, so they return to food addiction as they were before, gaining more weight and expanding the stomach**

**Gastric sleeve can be done again without any damage**

**As seen in the video, after they cut and sew, what are these threads?  
Is it possible, for example, after some time, do stitches open?**

**Not at all, even as the stomach is filled immediately after the operation with a colored liquid and white gauze is placed on the stitches from the outside to make sure that there is no leakage**

**The stitches are threads and the place of the cut is also ironed to obtain a complete closure**

**What are the cases in which we suggest quantization**

**And cases of diversion?**

**The choice is made based on the amount of excess weight the patient has, so that for each operation a certain amount of weight will be lost as follows:**

**Stomach Botox (10 to 15 kg)**

**Gastric balloon (20 to 25 kg)**

**Sleeve gastrectomy (30 to 35 kg)**

**Diversion (more than 45) kg**

**Sleeve gastrectomy and gastric bypass surgery, in addition to losing weight, also helps get rid of diabetes, cholesterol and blood pressure**