

## What is bariatric surgery? Is it Safe?

Bariatric surgery is a type of weight-loss surgery that is performed on people who are obese. The surgery is meant to help people lose weight by making changes to their digestive system.

There are several different types of bariatric surgery, but the most common are gastric bypass and gastric sleeve surgery. Both of these surgeries work by reducing the size of the stomach, which means that people feel fuller and faster and eat less food.

Bariatric surgery is generally safe, but there are some risks involved. The most common complication is called .dumping syndrome,. which happens when food moves too quickly from the stomach to the intestine. This can cause nausea, vomiting, and diarrhoea.

Other complications can include hernias, internal bleeding, and blood clots.

Overall, bariatric surgery is a safe and effective way to lose weight. If you are considering the surgery, be sure to speak with your doctor about the risks and benefits.

Bariatric surgery is a type of surgery that helps people lose weight. The surgery makes changes to your digestive system that make it harder for you to eat and absorb calories. Bariatric surgery also might help change the hormones that control how your body stores fat.

Bariatric surgery is not for everyone. You might be a good candidate for bariatric surgery if:

Your body mass index (BMI) is 40 or more.

Your BMI is 35 or more and you have a serious weight-related health problem, such as type 2 diabetes, high blood pressure, or severe sleep apnea.

You have tried other weight loss methods, such as diet and exercise, but have not been able to lose weight or keep it off.

You are committed to making changes to your lifestyle, such as eating a healthier diet and getting more exercise.

[Bariatric surgery is generally safe](#)

, but like any surgery, there are risks. The most common risks of bariatric surgery include:

Leaking from the surgical site

blood clots

Infection

Pneumonia

Dumping syndrome, which is when food moves too quickly from your stomach to your small intestine

Malnutrition

Vomiting

stomach puncture

Death

You can lower your risk of complications by:

Choosing a surgeon who is experienced in bariatric surgery

Making sure the surgical facility is accredited

Following your surgeon's instructions on how to prepare for surgery

If you're considering bariatric surgery, talk to your doctor about the risks and benefits. The surgical facility should be accredited

You should follow your surgeon's instructions on how to prepare for surgery.

## About the Author

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[Dr Saira Hameed](#) is a Consultant Endocrinologist and a Senior Tutor and Honorary Clinical Senior Lecturer at Imperial College London. She works within the Imperial Weight Centre, a world-class centre of excellence for weight management, with an international reputation for its clinical and academic outcomes.

Dr Hameed trained in medicine at Oxford University and University College London, graduating with multiple distinctions and winning numerous prizes for exceptional academic achievement. As one of the highest ranked medical students in the whole of the University of London, Dr Hameed was named proxime accessit to the University of London Gold Medal.

