

Realistic Expectations- Surgical Weight Loss

- Surgery alone does not promote weight loss!! Surgery, a healthy diet (with controlled calorie & fat consumption), and exercise promote weight loss. Surgery is a tool, not a cure for obesity.
- Weight does not “come off” where you want it. Bariatric surgery is metabolic surgery, not cosmetic surgery. It improves health, not necessarily appearance. Some patients may need to consider plastic surgery to remove loose skin after surgical weight loss.
- In most cases, the “honeymoon period” of reduced appetite ends 6-months to one year following surgery.
- Stress will likely increase after surgery. It is, therefore, important to reduce stress prior to surgery.
- Mistakes and “slips” to weight gain will happen. It’s how you cope with these mistakes and slips that determine if you will be successful in weight loss. If your weight goes up after 2 weeks, TAKE ACTION. Stay ahead of the problem and contact professionals for consultation.
- Obesity is a chronic condition. Even with surgery, you will need to manage your condition life-long.
- Be prepared to exercise regularly for the rest of your life. If you stop, you will regain weight.