



# Bariatric Surgery Information Session

Is Bariatric Surgery Right For Your Family?

# Introduction

You've just taken the first step in learning more about whether bariatric surgery is right for your family.

This resource provides an overview of Connecticut Children's weight management services and will help you determine the next step in your family's journey.

# Our Team

Connecticut Children's bariatric surgery team includes **surgeons, endocrinologists, dietitians, physical therapists, and psychologists.**

Comprehensive care is provided at every stage of the process, from pre-operative consultation through post-operative follow-up care.

# Our Team

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## **Surgeon**

The Surgeon will determine whether surgery is a good option for you, and will perform the procedure if you do go forward

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## **Pediatrician & Endocrinologist**

The Pediatrician & Endocrinologist will do an evaluation to identify any medical problems you may have

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## **Psychologist**

The Psychologist will work with you and your family to make sure you are in the best emotional place possible before and after surgery

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## **Dietitian**

A dietitian will work with you and your family to review your current eating patterns, determine what changes need to be made and guide your family through new eating habits

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## **Physical Therapist**

A Physical Therapist will explore physical challenges you may be facing and provide treatments and activities



# WHEN IS SURGERY AN OPTION?

# When is Surgery an Option?

## Surgery is usually recommended when:

- Other methods of weight loss have not been successful for the family
- The adolescent has a body mass index (BMI) greater than 40 or less than 35 with an associated medical condition
- The adolescent is physically healthy enough to undergo a surgery
- The family and adolescent understands the risks and benefits of surgery
- The family and adolescent has complied with all pre-operative requirements
- The family and adolescent is in the best place emotionally to undergo the procedure
- ***The family is in the best place for surgery to occur***

# TYPES OF SURGICAL PROCEDURES

# Surgical Procedures

Connecticut Children's Medical Center performs two kinds of weight-loss surgery:

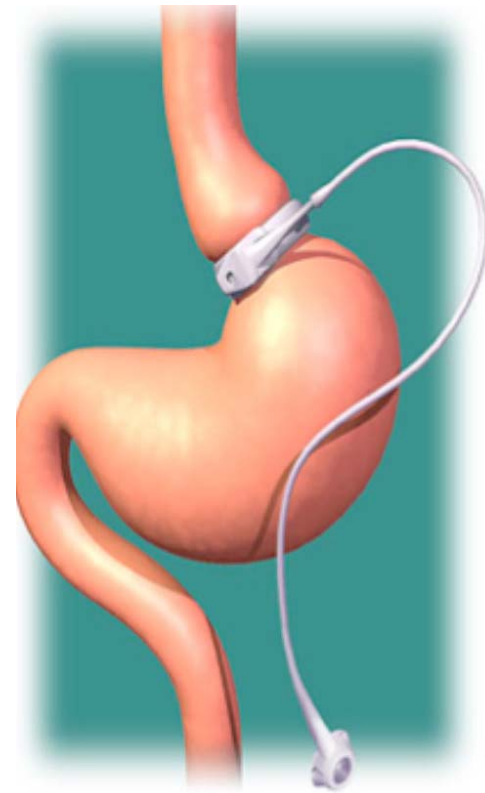
Laparoscopic  
Adjustable  
Gastric Banding

Laparoscopic  
Sleeve  
Gastrectomy



# Laparoscopic Adjustable Gastric Banding

- Often simply called “gastric banding”
- A band, similar to a belt, is placed around the upper part of your stomach to create a smaller section of stomach
- Food fills the small pouch so that you feel full sooner
- Band can be tightened over time to help you continue to lose weight



# Laparoscopic Sleeve Gastrectomy

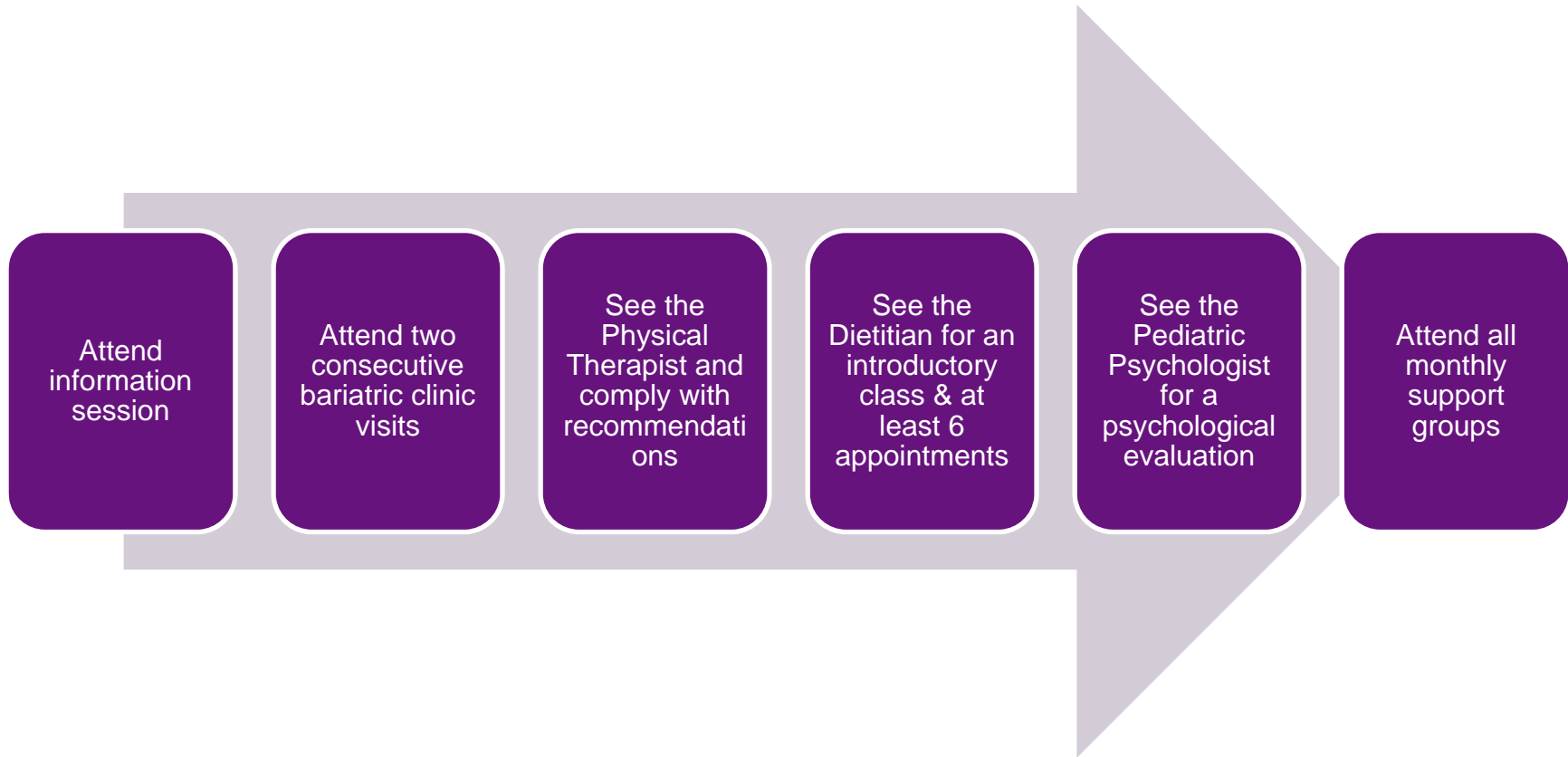
- Often called “gastric sleeve surgery”
- About 75 percent of your stomach is removed, giving you a smaller stomach so that less food makes you feel full
- Usually recommended for teens who have a BMI of more than 50



# BEFORE SURGERY



# Before Surgery



# Before Surgery

- Our program bases decisions for surgery on the changes you have made, the weight you have lost, and the behaviors you have maintained.
- You do not qualify for surgery based on the length of time in the program.
- Once you have completed all steps in the previous slide, we will schedule a team meeting to discuss your progress and what additional changes/behaviors need to be seen before being considered for surgery. This meeting will not be scheduled if you have gained weight while in the program.

# NUTRITION



# Nutrition Overview

- Changes to your eating habits are essential to your weight loss success both before and after surgery. We begin working on these changes before surgery is recommended.
- Focus during this time is on lifelong changes to eating habits for the adolescent seeking surgery, as well as their family members.
- Before surgery is presented as an option, families must attend the following nutrition-related appointments:
  - Clinic visit
  - Introductory nutrition class
  - Individual monthly consecutive appointments for a minimum of 6 months

# A Commitment to Healthy Eating

**Healthy eating will become more important than ever. Recommended steps include:**

- Planning and preparing meals and snacks
- Following a structured pattern of eating
- Elimination of high fat, high sugar foods
- Getting the right amount of all the food groups: lean protein, healthy fats, fruits, vegetables, low-fat dairy and whole grains
- Drinking adequate water and eliminating sweetened drinks
- Taking vitamin supplements
- Learning to eat slowly, take small bites and chew thoroughly to prevent complications
- Separating drinking from eating by 20-30 minutes to keep the stomach from getting too full
- Practicing mindful eating—being aware of when, where, why and how you eat



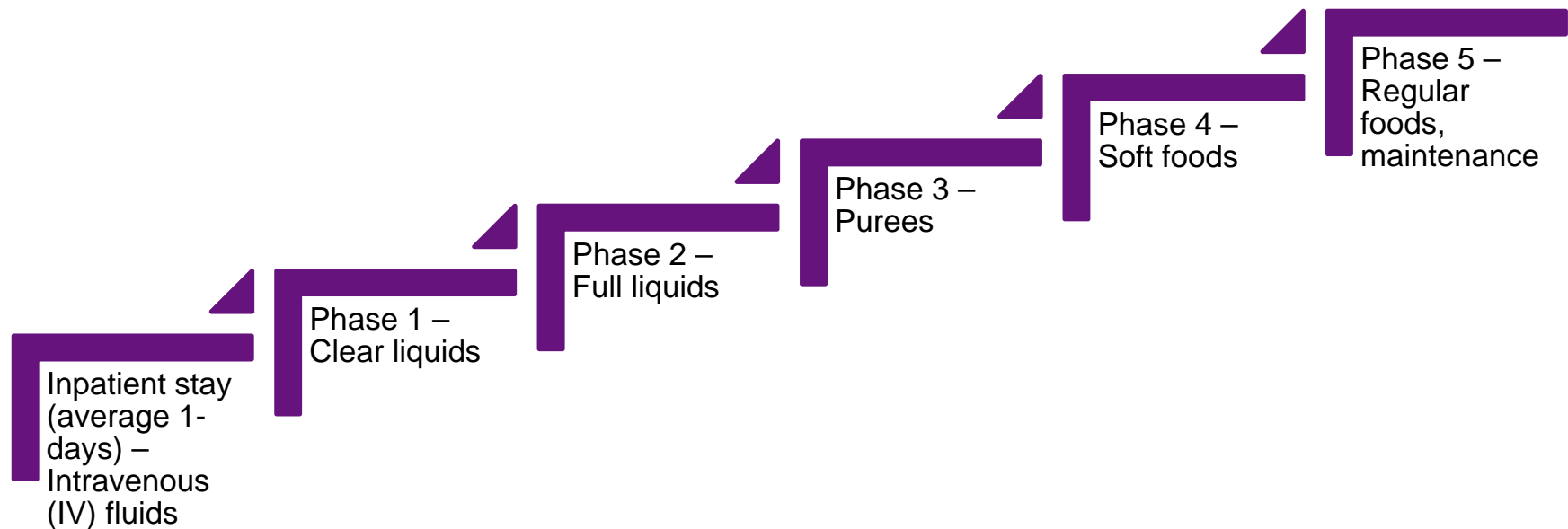
# Goals and Expectations During Candidacy Period

- Attend all required appointments
- Show progress toward improving food choices, eating patterns and eating behaviors
- Set achievable goals and monitor progress
- No weight gain
- Approximately 10% weight loss prior to surgery

# Pre-Operative Protein Diet

- Once a surgery date is scheduled, you will be placed on a high-protein, carbohydrate-restricted diet lasting 4-6 weeks
- Weekly follow up is required during this time
- The purpose of this diet is to prepare the liver for surgery

# Post-Operative Diet Progression



# Required Post-Op Nutrition Appointments

- 2 weeks after surgery
- 4 weeks after surgery
- Monthly for the first year after surgery
- Every 3 months for the second year after surgery
- Every 6 months in 2-5 years after surgery

# PSYCHOLOGY



# Psychology Appointments

**Before surgery is presented as an option, families must attend the following appointments:**

- Pre-surgical psychological evaluation (2 appointments)
- Follow-up post-surgery:
  - 1 month
  - 3 months
  - 6 months
  - 1 year (and yearly thereafter)
- Additional appointments before and after surgery as needed or as requested

# Some Questions to Think About

- **Why do I eat? What happens if I can't use food for comfort, enjoyment, to cure boredom or to feel better anymore? What will I do instead?**
- **Why do I want to lose weight? Do I think by losing weight that all my problems will be solved? What if it isn't?**
- **Who will help me? Do I have enough support to help me make changes to my eating and physical activity?**

# Support Group

- Everyone who plans to have surgery is required to attend our monthly support group meetings.
- These get-togethers are an opportunity to meet teens who are thinking about having surgery and talk to others who have already gone through it. It's a safe place to ask questions, learn more about the actual surgery, and hear the real deal from peers who are getting used to their new bodies and habits.
- Meetings are held the 4th Wednesday of each month.



# PHYSICAL THERAPY



# Physical Therapy

**Before surgery is presented as option, potential candidates must attend the following physical therapy appointments:**

- Initial evaluation
- Pre-Operative sessions

## **Initial Physical Therapy Evaluation**

- 1-hour appointment
- Assess muscle strength, flexibility and endurance
- Discuss patient/family goals and concerns for therapy
- Create long-term goals for treatment
- Establish a plan of care and start to create a home exercise program

# Physical Therapy Sessions

## **Before Surgery:**

- 1-hour sessions
- 1-2 times per week for 6 months prior to surgery
- Progress through individualized strength and endurance program
- Learn to monitor your own heart rate
- Progress to your home exercise program

## **After Surgery:**

- 1-hour sessions
- 1-2 times per week for up to 3 months
- Progress to discharge with individual plan to continue exercise in the community (sports, gym, home activities)

# AFTER SURGERY

# After Surgery

- Surgery is just a tool – not a cure!
- Post-surgery consists of a lot of hard work!
- We will support you, but you will need to make the changes!

## **Surgical Weight Loss Expectations**

- On average, one can expect to lose 50-100 pounds within two years after surgery
- Your success is dependent on lifestyle changes
- Weight regain is possible—and may even be likely

# How Long is the Wait?

- The decision to advance someone to surgery is based on the changes and progress that have been made while in the program.
- Candidates don't qualify for surgery because they have been in the program for a set time.

# WHAT IF SURGERY IS NOT THE RIGHT ANSWER?

# What if Surgery isn't for our Family?

- You or the team may decide this isn't the best option for you
- We may decide that a non-surgical option may be best
- Visit Connecticut Children's website  
[www.connecticutchildrens.org/obesity](http://www.connecticutchildrens.org/obesity)  
for more information about our weight management programs



# WHAT'S NEXT?



# Next Steps

- If you are interested in being considered for surgery or one of our other non-surgical programs, please indicate so on the paperwork that will be emailed to you.
- If you are interested in surgery, please contact your insurance company and verify that they cover the procedure. You will be given a sheet to aid you in your phone call.
- If you have any further questions or to schedule an appointment after you have verified your benefits, please contact us at **860-545-8364.**