

Types of Rapid Fat Loss with Surgery

Are you tired of lots of fat loss programs that take a lot of efforts and time? Why not consider **rapid fat loss** with surgery? There are several types of fat loss surgery. And to determine which one is the best, you should know these types of surgeries.

There are five types of popular weight loss surgery, each with its benefits, but also brings its risks. As a start off, weight loss surgery is recommended for those who have a body mass index (BMI) of 40 or more and for people who have a severe health problem related to obesity. And finally, weight loss surgery is only recommended if you have tried to lose weight by other methods, but failed. Think thoroughly before deciding to get the operation done and make sure that you are ready to deal with the risks that come after the surgery.

To fully understand the **types of rapid fat loss with surgery**, read the definition, the procedures, and the risks below.

1. Adjustable Gastric Banding

It is a type of restrictive weight loss surgery, i.e. by shrinking the size of the stomach and slowing down digestion. An inflatable band is used to pinch the stomach into an upper and a lower section. These two sections are connected by a minuscule channel. Dividing the stomach into two parts with a smaller pouch in the upper pouch will automatically slow down the emptying process of the stomach. Normally, after having the surgery, you can only eat about one cup of food that has already been well-chewed.

Adjustable Gastric Banding procedure is relatively simpler and safer than other operations. It only leaves a small scar, and it does not take too long to recover. If you want the band to be adjusted or removed, you can also do that. Tightening the band means further limiting your stomach volume. To tighten the band restricting the stomach, doctors will inject saline solution into your band, and to loosen it, they will remove the liquid from the band.

However, although it is relatively simple and less risky, adjustable gastric banding does not give too much effect on weight loss. Over the years after the surgery, you are more likely to regain some weight. Also, it is common for people with gastric banding to vomit, and for the band to slip out of its place, become too loose, or having a leak.

2. Sleeve Gastrectomy

In this **types of rapid fat loss with surgery**, about 75% of the stomach is removed, so you can eat only about $\frac{1}{4}$ of what you used to eat before the operation. The surgery leaves a narrow tube that connects the stomach to the intestines. The procedure is particularly suitable for those who are excessively obese or have an issue with health condition.

Since this operation does not affect the way your body absorbs the food, malnutrition will be unlikely to occur as you will still get the adequate amount of nutrients. However,

a sleeve gastrectomy surgery is permanent. It also brings typical risks of infection, leaking, and blood clots.

3. Gastric Bypass Surgery

Gastric bypass, or Roux-en-Y Gastric Bypass, is a combination of restrictive surgery—shrinking the size of the stomach—and malabsorptive surgery—making it harder for your body to absorb calories.

In this surgery, the stomach is divided into upper and lower sections. The upper one is directly connected to the lower part of the small intestine. A shortcut is created to avoid some parts of the stomach so that the body absorbs fewer calories.

With Gastric bypass, your weight loss goals can be quickly achieved. You will lose about 50% of your body mass in about six months. Along with the rapid weight loss, health problems that are caused by obesity will also get better more quickly.

However, as your body absorbs fewer calories, it also absorbs fewer nutrients. It may put you at a risk of not getting enough nutrients. Another risk coming along with gastric bypass surgery is dumping syndrome. It is because food leaves the stomach before being properly digested. The symptoms of dumping syndrome include nausea, bloating, sweating, and diarrhea. Moreover, gastric bypass operation also develops the risk for hernias and gallstones.

4. Maestro Rechargeable System

In this operation, a device is implanted in the abdomen. The device is used to deliver electrical pulses to vagus nerve—a nerve that tells the brain when the stomach is full. It can be adjusted using a remote control from outside the body. The procedure is relatively simple, and it only takes less than two hours. However, the device has to be charged once or twice a week. Vomiting, Heartburn, belching, and chest pain can be the side effects of the maestro rechargeable system surgery.

5. Biliopancreatic Diversion

The last **type of rapid fat loss with surgery** removes 70% of your stomach. Biliopancreatic diversion may result in faster weight loss than a gastric bypass, but the risk of not getting enough nutrients is much more severe. It is also one of the most complicated weight loss surgeries.

Those are some **types of rapid fat loss with surgery**. Determining the best operation for your will depend on your goals, your health, and your surgeon's recommendation. Discuss with your doctor to make an informed decision.