

Roux-en-Y Gastric Bypass

Adjustable Gastric Banding

Description	In this procedure, we create a new gastric pouch at the bottom of your esophagus, using about 5 percent of your stomach and sealing off the rest. We then connect this pouch to your small intestine. Your stomach will still make important digestive juices that will mix in your intestine with food from your new, egg-sized stomach. In this way, you will still be able to receive the nutrients you need from food—but your brain will get signals of fullness much faster, and the amount of food you can consume will become smaller.	The procedure is performed by suturing a band around the stomach. The band can be adjusted with a specialized needle—usually in a doctor’s office setting—so you can have it loosened or tightened as needed to reach your weight loss goals.
Reversible procedure	Potentially	Yes
Expected weight loss	55-65 percent of excess weight	30-40 percent of excess weight
Rate of weight loss	Most weight loss seen in the first year	Weight loss is gradual and may take up to five years
Diet changes required	800-1,000 calories per day, with 40-60 grams of protein daily. Multivitamin with a minimum of 18 mg zinc and 400 mcg of folic acid.	800-1,000 calories per day, with 40-60 grams of protein daily. Multivitamin with a minimum of 18 mg zinc and 400 mcg of folic acid.
Average operating time	90 minutes	45 minutes
Average hospital stay	One to two days	Outpatient
Recovery period	Three weeks	Two to three weeks
Possible complications	Leak, mild nutritional deficiencies, dumping	Band slippage, band erosion, port-related problems

Vertical Sleeve Gastrectomy

Duodenal Switch

Description	This procedure generates weight loss by removing 85 percent or more of the stomach and restricting the amount of food that can be eaten. The nerves to the stomach and the outlet valve remain intact—with the idea of preserving the functions of the stomach while drastically reducing the volume—without bypassing the intestines or causing any gastrointestinal malabsorption.	This procedure is performed by removing the left portion of the stomach to limit food intake and then “switching” the small intestine around to alter the digestion process and limit food absorption. This procedure is done using the da Vinci Surgical System robot and is a more complex weight loss procedure.
Reversible procedure	No	No
Expected weight loss	40-55 percent of excess weight	60-80 percent of excess weight
Rate of weight loss	Most weight loss seen one to two years after surgery	Most weight loss seen in the first year
Diet changes required	800-1,000 calories per day, with 40-60 grams of protein daily. Multivitamin with a minimum of 18 mg zinc and 400 mcg of folic acid.	800-1,000 calories per day, with 40-60 grams of protein daily. Multivitamin with a minimum of 18 mg zinc and 400 mcg of folic acid.
Average operating time	60 minutes	4 hours
Average hospital stay	One to two days	Three days
Recovery period	Two to three weeks	Three weeks
Possible complications	Leak, stricture	Leak, moderate nutritional deficiencies, more frequent bowel movements