

Weight-Loss Surgery: What to Expect and How to Prepare

Minimally invasive weight-loss surgery may be the best long-term solution for extreme obesity. Health problems can dramatically improve or disappear shortly after the bariatric procedure. Here are things to know in the weeks leading up to weight-loss surgery – and what to expect afterwards.

BEFORE SURGERY



EMOTIONAL HEALTH

Before surgery, psychological assessments can help you prepare and adjust for the journey ahead.



DIETARY CHANGES

Dietary tweaks include smaller portions, fully chewing food, staying hydrated, avoiding alcohol, taking vitamin supplements and tracking calorie intake.



PRE-SURGERY TESTING

Medical tests completed prior to surgery may include blood count, urinalysis, sleep apnea testing and bone density tests.

AFTER SURGERY



CONSISTENT EXERCISE

When a doctor clears you, start exercising for 30 minutes most days of the week to improve circulation and metabolism.



RESTFUL SLEEP

Getting seven hours or more of rejuvenating sleep supports immediate weight-loss efforts as well as long-term maintenance.



SIDE EFFECTS

It's normal to experience fatigue, nausea, vomiting, postsurgical pain, weakness, loss of appetite and diarrhea.

Call for a free
Physician Referral
at 800-882-4362

[CHOOSE A DOCTOR TO START YOUR WEIGHT-LOSS JOURNEY](#)

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Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6832795/>

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if weight-loss surgery is right for you. Physicians are independent practitioners who are not employees or agents of Corona Regional Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodation and the nondiscrimination notice, visit our website. 1/24

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