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Topic: Robotic Surgery for Sleeve Gastrectomy

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Reinvent Yourself: Consider Robotic Weight Loss Surgery in Dallas

Chances are good that your weight could be preventing you from enjoying a full life. Obesity can be a physical and emotional burden that may be preventing you from experiencing deep relationships with family and friends, and may even be keeping you from making new relationships. When left untreated, obesity puts you at risk for hypertension, high LDL cholesterol, low LDL cholesterol, Type II diabetes, heart disease, stroke, reflux disease, gallbladder disease, osteoarthritis and other life-threatening diseases like cancer.

Are You a Candidate?

Most candidates considered for robotic surgery are typically extremely obese. Extremely obese means you have a BMI (body mass index) over 40 percent. Other factors include your age, and whether you're experiencing symptoms like high blood pressure. If your BMI is 35 percent and you're experiencing hypertension or another life-threatening disease caused by your obesity then you could very well be a candidate for robotic weight loss surgery. Your surgeon will also want to know if you've tried to lose weight with diet and exercise for years with no success. If you fit this criteria described earlier then a robotic-assisted sleeve gastrectomy or gastric sleeve surgery can improve your quality of life. You can expect major health and wellness benefits going forward like increased energy, an improved mood, a positive life outlook, and greater self-confidence. Most patients report receiving these benefits and describe the surgery as a complete life changer that removes previous barriers and makes anything possible.

When Should You Consider Robotic Surgery?

Now might be a good time to consider robotic bariatric (weight loss) surgery. Why? Robotic bariatric surgery uses a cutting-edge robot called the da Vinci Robotic System. The benefits of robotic surgery is that it leaves small incisions instead of large, traditional incisions. If you're like most people and you're looking for a minimally invasive surgery then robotic surgery should be top on your list.

What You Can Expect with Robotic Surgery:

For instance, your surgeon will make a few small incisions in your abdomen and he or she is assisted by a robotic device to help perform your surgery. A 3-D camera enables your surgeon to see inside your body while using miniature tools to cut your stomach vertically in two sections. A skilled surgeon will remove about 75 to 85 percent of your stomach. Once the larger part is removed, your surgeon will staple your remaining stomach shut, which creates a small, slender pouch from your upper stomach in the shape of a banana. This greatly restricts the volume of food your system can digest. This procedure can help you lose weight while still absorbing the entire amount of nutrients in your food. A robotic sleeve gastrectomy is the latest weight loss surgery performed today and it has a lower complication rate than gastric bypass surgery or duodenal switch.

How Does Bariatric Surgery Help with Your Weight Loss?

Weight loss surgery restricts the amount you can eat and the amount you can fit in your stomach. Because you can only eat small meals and absorb so many vitamins and calories, by default you will take in fewer calories. Changes in your gut hormones that decrease hunger also contribute to your continued weight loss.

What are the Advantages to Robotic Surgery?

Because robotic bariatric surgery uses a cutting edge tool that only makes small incisions, there are several related benefits you can expect:

- Quicker recovery time
- Less painful procedure
- Faster scarring recovery
- Lower infection rates
- Quicker hospital visit
- Lower risk of complications (when surgical team directions are followed)
- Lower risk of follow-up surgery

Is Robotic Surgery Safe?

Yes, robotic surgery is safe. It's a good idea to ask your surgeon about his or her experience with robotic surgery ahead of time. You can ask questions about your surgeon's experience during your initial consultation and even during your pre-op appointment. Most established bariatric surgeons perform several hundred robotic surgeries per year. Other questions you'll want to ask is where can you read patient testimonials? Can you see previous patients' before and after photos? And who can you rely on from their bariatric practice for comfort before, during and after your surgery?

Millions of people can't be wrong. Between 2011 to 2017, over 1.3 million patients have had bariatric surgery. According to a study of 164,247 patients, 12 months after surgery patients who

had a sleeve gastrectomy lost an average of 29.5 percent of their total body weight, while those who had a gastric bypass lost on an average of 34.2 percent. Both sleeve gastrectomy and gastric bypass are by far two of the most frequent bariatric surgeries. Duodenal switch is mainly recommended for anyone who's obesity is considered immediately life threatening.

How Much Weight Will You Lose After Bariatric Surgery?

- **Gastric Sleeve:** Loss of about 60% of excess body weight on average 12 to 18 months after surgery
- **Gastric Bypass:** Loss of 70% to 80% of excess weight within a year to a year and half. Average weekly weight loss is 5 to 15 pounds the first few months
- **Duodenal Switch:** Loss of 85 - 100% of excess weight, meaning many lose 150 pounds or more

Are There Complications with Bariatric Surgery?

As with all surgeries, there are risks with bariatric surgery. Yet if you follow the diet, vitamins and minerals your surgery team recommends, you will likely avoid post-op complications including dumping syndrome, dehydration and nutrient deficiencies.

How Does da Vinci Technology Work?

At NOVA Bariatrics, our surgeons perform sleeve gastrectomies with minimally invasive techniques such as state-of-the art robotic-assisted surgery via the da Vinci technology. This means you will have only a few small incisions. Using da Vinci, your surgeon sits at a console next to you and operates using tiny instruments in your few small incisions.

Your surgeon is able to see everything in detail using a high-definition, 3D magnified view inside your abdominal region. All hand movements your surgeon makes are translated by the da Vinci system in real-time to bend or rotate the instruments with precision and accuracy.

What Insurance or Financing is Available?

The good news is your insurance provider may cover weight loss surgery. Every insurance company has its own set of policies and criteria for bariatric insurance coverage. At NOVA Bariatrics, [\[Insert hyperlink on NOVA Bariatrics\]](#) we check with your insurance first to determine the amount of coverage you have. Another way many clients finance or co-finance their robotic bariatric surgery is by signing up for Care Credit. Some of the surgical weight loss procedures you can finance through this medical credit card is:

- Gastric sleeve

- Gastric bypass
- Bariatric bypass

You can also use your Care Credit card to cover high deductibles, co-pays, co-insurance and treatments and procedures that are not covered by your insurance.

When Can You Start Exercising after Bariatric Surgery?

At Nova Bariatrics, we recommend you can start anytime you're ready after surgery, just take it slow. We recommend walking early after surgery to decrease complications and improve recovery. We recommend to walk no longer than 20 minutes in the beginning and slowly progress to longer durations.

Why NOVA Bariatrics?

Over time, obesity will cause a breakdown in your body's systems. This can lead to a deterioration in your health and significantly decrease your life expectancy. Robotic-assisted bariatric surgery is a powerful tool that lets us reverse and prevent you from contracting life-threatening diseases associated with extreme obesity.

Dr. Mustafa H. Alibhai, MD, FACS, FASMBS is expertly trained in minimally invasive and robotic surgery. He performs a wide range of weight loss and bariatric surgeries. Dr. Alibhai and the surgical team at NOVA Bariatrics understand your weight loss goals and will recommend weight loss options to treat your obesity. Together, their combined experience and expertise goes a long way to help those who have been unable to achieve significant weight loss through dieting and exercise alone.

Contact NOVA Bariatrics Today

Ready to reinvent yourself and experience lasting weight loss? Then [contact Dr. Alibhai](#) or our team at [NOVA Bariatrics](#) today and either book online [hyperlink to the words "book online" with healow.com/apps/provider/mustafa-alibhai-1454564] or call us at 459-639-0953. We have convenient offices in Irving and Arlington, TX and we're waiting to help you achieve all your weight loss goals.