

# **DOES PRE-OPERATIVE WEIGHT LOSS INFLUENCE POST OPERATIVE SUCCESS AFTER GASTRIC BYPASS SURGERY?**

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## **Background**

There is debate if pre-operative weight loss influences post-operative weight loss after gastric bypass surgery. Some surgical centres report positive outcomes with pre-operative weight loss, while others suggest no difference.

## **Aim**

To determine if pre-operative weight loss prior to gastric bypass surgery has an effect on post-operative excess weight loss.

## **Method**

A retrospective review of gastric bypass operations was performed. Pre-operative weight loss was determined as a percentage of excess weight lost, with patients group into: weight gain (group 1); 0-10% excess weight lost (group 2); 10-20% excess weight lost (group 3) and 20%+ excess weight lost (group 4).

## **Results**

Weight change pre-operatively ranged from 29% excess weight increase to 39% excess weight lost, with an average of 11% excess weight lost. On average 6 months post surgery, group 1 lost 79%, group 2 lost 72%, group 3 lost 72% and group 4 lost 82% of their excess weights. At one year post surgery on average group 1 lost 93%, group 2 lost 97%, group 3 lost 92% and group 4 lost 100% of their excess weights. At 2 years post surgery group 1 lost 87%, group 2 lost 96%, group 3 lost 97% and group 4 lost 104% of their excess weights.

## **Conclusion**

There was a clear gap between group 1 and group 4 at each stage post-operatively. This gap continued to widen as time post surgery lengthened, signifying a trend that those who lose weight pre-operatively do better post-operatively than those who gained weight.