ENDOSLEEVE GASTROPLASTY – FACT SHEET

Main Features

- NOT SURGERY – No incisions / No scars
- Little or no pain
- No physical restrictions after surgery
- Quicker recovery than laparoscopy
- Return to work 24-72 hours
- No work restrictions

Who is a Candidate?

- Any significantly overweight person BMI > 28 with comorbidities
  - Diabetes
  - High blood pressure
  - High cholesterol or triglycerides
  - Obstructive sleep apnea
  - Family history of heart disease or stroke

- BMI > 30 without comorbidities
- People who don’t want surgery

Contraindications

- General to anesthesia or surgery – e.g. bleeding disorders, cardiac risk of GETA
- No procedure specific

Downside

- Longevity is unknown – minimum of 24 months
- Weight regain unknown

Diet after ESG

- Low sugar clear liquids week 1
- Soft low fat low sugar diet weeks 2-4
- Low fat low sugar high protein diet after 1 month
Is it reversible?

The sutures inside the stomach DO NOT re-absorb. So, the procedure cannot be considered completely reversible. However, there are several patients reported who had a Laparoscopic Sleeve Gastrectomy after ESG without any problem (i.e. does not prevent further procedures).

Risks

Standard risk of general anesthesia
Bleeding < 1%
Leak < 1%
Obstruction
Injury to the esophagus
Failure to lose weight – Weight regain (unknown)

Exercise

Patients start an exercise program before ESG
Little to no interruption due to the procedure
Minimum of 150 minutes a week of some activity
  • Measure the exercise – steps/distance/time
  • Set goals
  • Exercise with someone else – family, co-worker

Procedure

General anesthesia in the operating room
1-3 hours
Sore throat for 48 hours after
Go home the same day

What to Expect

Eat less*
Feel full faster*
Weight loss*

Dr. Christopher Ibikunle   www.georgiasurgicalcare.com   1/30/2019