

## **SPECIAL ISSUES:**

**Dumping Syndrome:** On rare occasions, Gastric Sleeve patients may experience dumping syndrome. Some signs of dumping can be palpitations or racing heart, a sweaty and clammy feeling, and abdominal pain and or cramping, weakness, fatigue, dizziness and sometimes diarrhea. Dumping syndrome is not dangerous, but it feels awful and once you react to a certain food in this way you do not want to eat that food again. Dumping syndrome is typically associated with foods high in sugar, high in fat, very rich foods, or a meal made up of too many carbohydrates. Dumping syndrome affects each person differently and you may feel any combination of the above signs.

**Food Intolerances:** Many patients experience food intolerances, especially to red meat, milk and high fiber foods. It is a good idea to keep a food journal with a list of foods that are and are not well tolerated. Often time food intolerances are temporary, so you may try a food again in a couple of months that was not well tolerated the first time.

**Lactose Intolerance:** Lactose is a particular type of sugar found in milk and dairy products. Some of our patients, who did not have problems with milk before surgery, find that after surgery, dairy products cause abdominal cramping and gas. This can be treated by Lactaid, an over-the-counter enzyme supplement. The body also tends to adapt over time and this is less of a problem in most patients 6 months after surgery.

**Hair Loss:** Most patients notice some increase in hair loss around 3-5 months after surgery. This occurs as part of the body's response to sudden calorie and protein deprivation just after surgery. It is rare for patients to have thinner hair one year after surgery than they did prior to surgery. In fact, at 18 months after surgery, most patients have fuller and healthier hair because the body's hormone balance has been significantly improved.

**Excess Skin:** Most patients are left with areas of excess skin, especially the abdomen, upper arms, upper thighs, and breasts. Exercise is very important for the patient's overall success, but is not effective in shrinking skin. Many patients choose to undergo plastic surgery to remove excess skin. We recommend that our patients wait at least 18 months following weight loss surgery. This delay is because the skin removal surgery works best for the long-term if it is done

when your weight is stable. Also, the skin may shrink a bit and does not finish shrinking until about 18-24 months after surgery.

**Emotional Volatility:** Most patients experience some form of “buyer’s remorse”. This generally occurs within the first 1-2 months after surgery. A depressed mood may also develop due to the loss of the previous relationship with food. The good news is that this is not unusual and should resolve within 3 months after weight loss surgery. If you continue to feel emotionally volatile (tearful or irritable) or depressed, then please see your physician.

**Relationship changes:** Every relationship in which the patient participates will change substantially as the dramatic weight loss occurs. This change will affect all relationships. The drastic changes put stress on relationships as the patient changes physically and emotionally and it is sometimes necessary to seek outside counseling.