<table>
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<th>Q&amp;As</th>
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<tr>
<td><strong>What is bariatric surgery?</strong></td>
<td>Bariatric surgery, also known as weight loss surgery, includes surgical procedures performed on the stomach and digestive tract to induce weight loss. The surgery serves as a tool to assist with weight loss. Combined with nutritional guidance, fitness programs and other emotional support, weight loss through bariatric surgery can be long-lasting and effective — improving health and wellness. There are three types of bariatric surgery at the Reading Hospital Weight Management Center: gastric sleeve, gastric bypass and duodenal switch.</td>
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<td><strong>Is bariatric surgery safe?</strong></td>
<td>There has never been a safer time to have bariatric surgery. Bariatric surgery has become five times safer over the last 10 years and is now as safe as gallbladder surgery.¹</td>
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<td><strong>Is bariatric surgery expensive?</strong></td>
<td>Bariatric surgery is covered by most commercial health insurance companies and is also covered by Medicare and Medicaid.</td>
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<td><strong>Does bariatric surgery help to resolve obesity and related medical problems?</strong></td>
<td>Yes. Bariatric surgery is likely to improve bone and joint pain, decrease blood pressure, decrease cholesterol, resolve sleep apnea, resolve acid reflux disease and even place diabetes into remission. Studies have shown that people of size decrease their risk of dying from heart disease or cancer by 30 to 40 percent in the 10 years following bariatric surgery.</td>
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### Who qualifies for bariatric surgery?

Most people who are 80 pounds or more over their ideal weight meet the criteria for bariatric surgery. After watching our [online information session](#), you can schedule your personal consultation at the Weight Management Center.

### What is the benefit of using the da Vinci® robot to perform bariatric surgery?

The da Vinci surgical robot is the most advanced technology for minimally invasive surgery. The robot provides a 3D view, so the surgeon can operate with more precision. With robotic bariatric surgery, patients typically have less pain and fewer complications. Patients also return home faster — usually the day after surgery.

### How long does the process leading up to bariatric surgery take?

Some insurance companies require three months of nutritional instruction before surgery; others require six months. Surgery is typically scheduled within four to six weeks after the nutritional instruction is completed.

### How quickly can I return to work after bariatric surgery?

Most people return to work about three weeks after having bariatric surgery.

### How much weight will I lose with bariatric surgery?

Over the 18 months following bariatric surgery, patients typically lose most of their excess weight.
EXCELLENCE IN BARIATRICS

Do I need to be on a diet after having bariatric surgery?

There are no foods you cannot eat after bariatric surgery. Your portions will just be smaller, and it’s likely that sweets and greasy foods will be less appealing.

Why should I have bariatric surgery at Reading Hospital?

You have access to an entire team of bariatric surgery experts at Reading Hospital — from surgeons, medical doctors and nurses to dietitians, psychologists and insurance specialists. Our team provides compassionate care to persons of size with a variety of surgical options, so each patient’s journey can be customized to his or her individual needs, goals and lifestyle.

Reading Hospital’s bariatric surgery program boasts weight loss results above the national average and an excellent safety record. And our program doesn’t end after surgery. We offer support groups and events where you can meet and socialize with others who have been through our program. We want you to achieve your weight loss goals — and we are here to support you throughout your journey.

Go back to RHBariatrics.org to learn more about bariatric surgery at Reading Hospital.