

Metabolic and Bariatric Surgery

What Parents and Caregivers Need to Know



Obesity is a disease that is caused by many things that are not in our control, but it is treatable. Obesity is not something a child “grows out of” as they get older.

Children with obesity are highly likely to have obesity as an adult. Metabolic and bariatric surgery (MBS) is one of the most effective treatments available.

What is metabolic and bariatric surgery (MBS)?

MBS is a type of surgery that helps you lose weight. It can also help improve health problems like high blood pressure and diabetes. MBS changes the hormones that control hunger, cravings, and fullness.

The two most common types are:

- **Gastric bypass:** Makes a small stomach pouch and reroutes part of the intestines.
- **Sleeve gastrectomy:** Removes part of the stomach to make it smaller.



Are there any side effects I should know about?

Medical providers may recommend surgery as an option for:

- Teens (13 years and up) who have a **body mass index (BMI)** of
 - 35 or higher with a health problem **OR**
 - 40 or higher



Is MBS safe?

Like with any surgery, there are some risks, but MBS is about as safe as common surgeries like removing an appendix or gallbladder. The surgeon and medical provider will talk about your child’s specific risk factors.



To read more about metabolic and bariatric surgery (MBS), visit www.greauxhealthy.org or scan the QR code with the camera on your smartphone.

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What are the benefits of MBS?

MBS is the most effective treatment for severe obesity. Benefits include:

- Long-term weight loss
- Better control of health problems like diabetes and high blood pressure
- Lower rates of depression and improved self-esteem
- Lower risk of developing obesity-related health problems later in life



What does surgery and recovery look like?

- Surgery usually takes 2-3 hours. Your child will start drinking liquids, doing breathing exercises, and walking the same day as surgery.
- Most patients spend one night in the hospital and go home the day after surgery.
- Your child will be on a special diet the first few weeks after surgery.
- They can usually return to work or school within a couple of weeks.

What will life be like for my child after surgery?

MBS is not a “quick fix.” Your child will need to:

- Eat 3 healthy meals and 1 healthy snack daily
- Get daily physical activity
- Take daily vitamins and supplements
- Go to regular checkups with the surgeon and medical provider



Take Home Message

Meeting with a surgeon does not mean your child will have surgery right away. The surgeon will explain:

- Types of surgery
- Risks and benefits
- Lifestyle changes needed before and after surgery

This helps you and your child decide what’s best.

