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Bariatric surgery (laparoscopic gastric bypass surgery or laparoscopic vertical gastric resection) with tests

Bariatric surgery is a surgical method for the treatment of obesity. This is the fastest-growing surgical field not only in our hospital but worldwide.

In order to improve the treatment outcomes, we have implemented an efficient pre and postoperative monitoring system.

Bariatric surgeries have been performed at the East Tallinn Central Hospital since 2005 and nearly 1000 patients have been operated on as of today.

The most effective treatment against obesity

Bariatric surgery has significant impact on dietary preferences and habits. After the surgery, patients feel full with less food than before. This will result in constant weight loss and many other comorbidities will also retreat, such as type 2 diabetes, sleep apnoea, increased cholesterol level in blood, hypertension, joint aches, etc., and life expectancy will extend. Bariatric surgery is the most effective treatment against obesity available today.

Who is bariatric surgery suitable for?

As a rule, a general practitioner will refer the patient to a surgeon. The decision regarding the feasibility of the surgery and the method of its performance is done by the surgeon together with the patient, including other specialists from related fields if necessary.

Bariatric surgery can be recommended to a patient whose body mass index (BMI) is ≥ 40 or in case of comorbidities ≥ 35. Patients between the ages of 18–65 are operated on, although there are no strict age limits. These restrictions are more dependent on the general medical condition of the patient.

The experience of bariatric treatment at the surgery clinic

When coming to the East Tallinn Central Hospital, a multidisciplinary team will take care of you: a surgeon, bariatric nurse, endocrinologist, internist and a nutrition nurse.

Everything begins with the doctor's outpatient appointment.

Before the surgery, an abdominal ultrasound, gastroscopy, ECG and a chest x-ray is performed. You are expected at the hospital either the night before the surgery or on the morning of the same day. After the surgery, you will be in the hospital for at least two days. A bariatric nurse will advise you once more about the postoperative diet and substitution treatment.

Recovery after surgery

During the first month after the surgery you have to refrain from physical activity, for example, you must not lift heavy items. During the second month, you may start with a light load, for example, swimming or water gymnastics. You will be on a special diet and you cannot switch to a regular diet until the ninth week after surgery.

Fee-based bariatric surgeries

If you do not have insurance from the Estonian Health Insurance Fund then you have to book a fee-based surgeon's appointment. Other preoperative tests will take place a day before the surgery at the inpatient department. A bariatric nurse will also advise you about the postoperative diet and substitution treatment at the inpatient department.

The cost of the fee-based surgery and tests is set according to the price list of fee-based services and it has to be paid before arriving at the hospital. In the event that it is not possible to perform the bariatric surgery, you will only pay for the tests that were performed before the surgery.