

# Marcos Petro Provides Essential Recommendations for Gastric Bypass Surgery in Colombia

*Dr. Marcos Petro offers expert recommendations on gastric bypass surgery, highlighting preparation, benefits, and essential postoperative care.*

BARRANQUILLA, ATLÁNTICO, COLOMBIA, June 23, 2024 /EINPresswire.com/ -- [Gastric bypass surgery](#) has emerged as an effective and proven solution for combating severe obesity, offering not only significant weight loss but also an improvement in quality of life and a reduction in obesity-related comorbidities. Dr. [Marcos Petro](#), a distinguished surgeon specializing in bariatric surgery and one of the foremost experts in the field of health in Colombia, shares his expert perspective and essential recommendations for those considering this intervention.

## Understanding Gastric Bypass Surgery

Gastric bypass surgery is a surgical procedure that involves creating a small pouch in the stomach and reconnecting the small intestine to this pouch. This alteration in the digestive system reduces the amount of food that can be consumed and the number of nutrients absorbed, resulting in significant weight loss. Additionally, gastric bypass can influence gut hormones that help reduce hunger and improve satiety.

## Who Are Candidates for Gastric Bypass?

Dr. Marcos Petro emphasizes that not all individuals with overweight are candidates for gastric bypass surgery. Generally, this option is considered for those who:

- Have a body mass index (BMI) of 40 or higher, which classifies as severe obesity.
- Have a BMI of 35-39.9 and suffer from serious health issues related to obesity, such as type 2 diabetes, high blood pressure, obstructive sleep apnea, among others.
- Have not achieved weight loss or maintained weight loss through other methods, such as diet



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and exercise.

### Preparation for Gastric Bypass Surgery

The preparation process for gastric bypass surgery is crucial for long-term success. Dr. Petro highlights the following key steps:

**Comprehensive Medical Evaluation:** This includes blood tests, imaging studies, and a detailed review of the patient's medical history to identify potential risks.

**Consultation with Specialists:** In addition to the bariatric surgeon, it is important to consult with a nutritionist, psychologist, and other specialists who can help prepare the patient for the physical and emotional changes accompanying the surgery.

**Preoperative Weight Loss Program:** Some patients may need to lose a specific amount of weight before surgery to reduce risks and improve outcomes.

**Education on Procedure and Lifestyle Changes:** It is essential that patients fully understand the procedure, the lifestyle changes, and the dietary modifications that will be necessary after the surgery.

### The Surgical Procedure

Gastric bypass surgery is performed under general anesthesia and typically lasts between two to three hours. During the operation, the surgeon performs the following steps:

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Understanding the intricacies of gastric bypass surgery is essential for long-term success and improved quality of life.”

*Dr. Marcos Petro*

**Creation of the Stomach Pouch:** The stomach is divided to create a small pouch about the size of a walnut, which becomes the patient's new stomach.

**Reconnection of the Intestine:** The small intestine is cut and reconnected to the new stomach pouch, allowing food to bypass the rest of the stomach and the duodenum.

**Closing Incisions:** The surgeon closes the incisions, which may be small if using the laparoscopic technique,

facilitating a quicker and less painful recovery.

### Recovery and Results

Recovery from gastric bypass surgery varies by patient, but generally includes a hospital stay of two to three days. Dr. Marcos Petro emphasizes that postoperative follow-up is essential to monitor recovery and ensure long-term success. Recommendations include:

**Regular Medical Follow-up:** Periodic visits to the surgeon and medical team to assess progress and adjust any necessary treatments.

**Gradual Dietary Adaptation:** Starting with liquids and gradually introducing solid foods under the



Marcos Petro

supervision of a nutritionist.

**Progressive Physical Activity:** Beginning with light walks and gradually increasing physical activity as medically advised.

**Psychological Support:** Participating in support groups or therapy sessions to manage the emotional and psychological changes associated with weight loss.

### [Benefits of Gastric Bypass Surgery](#)

Gastric bypass not only contributes to significant weight loss but also offers multiple health benefits, such as:

**Improvement in Type 2 Diabetes:** Many patients experience remission of type 2 diabetes shortly after surgery.

**Reduction in Hypertension:** Weight loss and reduced body fat can lead to lower blood pressure.

**Improvement in Sleep Apnea:** Weight reduction relieves pressure on the airways, improving sleep patterns.

**Increased Mobility:** Weight loss relieves stress on the joints, facilitating greater mobility and physical activity.

**Improved Quality of Life:** Many patients report increased energy, better self-esteem, and an overall enhanced quality of life.

### Considerations and Risks

Like any surgical procedure, gastric bypass carries certain risks and considerations. Dr. Petro warns of

possible complications, such as infections, nutritional deficiencies, and the potential need for additional surgeries. It is crucial that patients follow medical recommendations and attend all follow-up appointments to minimize these risks.

Gastric bypass is a powerful tool in combating severe obesity and improving the overall health of patients. With proper preparation, rigorous follow-up, and support from an expert medical team, patients can achieve sustained weight loss and a significant improvement in their quality of life. Dr. Marcos Petro, with his extensive experience and knowledge in bariatric surgery, is an



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invaluable resource for those considering this procedure. His recommendations and postoperative care ensure that patients are well-informed and prepared for this important step towards a healthier life.

Marcos Petro Team  
Clinica Diamanti Boutique

+57 3167426112

info@marcospetro.com

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