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Lap Band Surgery or RNY-Making a Choice

You do have several choices for bariatric surgery. [Los Angeles bariatric lapband surgery](#) is just one of these options. All options should be evaluated before choosing the obesity surgery option that will work best for you.

The lap band and the Roux-en-Y(RNY) are the two most popular weight loss surgeries. The biggest majority of weight loss surgeries performed are the RNY, although the lap band is rapidly growing in popularity due to its lower cost and low risk.

Simply put, with RNY the stomach is made smaller by creating a small pouch at the top of the stomach using surgical staples or a plastic band. The smaller stomach is connected directly to the middle portion of the small intestine (jejunum), bypassing the rest of the stomach and the upper portion of the small intestine (duodenum).

With [lap band surgery](#), the surgeon places an adjustable silicone band around the upper part of the stomach. Surrounded by the plastic band, the stomach becomes a pouch with about an inch-wide outlet. After the lap band, the stomach can only hold about an ounce of food. A plastic tube runs from the silicone band to a device just under the skin. Saline (sterile salt water) can be injected or removed through the skin, flowing into or out of the silicone band. Injecting saline fills the band and makes it tighter.

Many doctors consider the RNY a more permanent solution, because the amount of calories that can be absorbed is reduced due to the relocation of the small intestine. The RNY is a more invasive surgery than the lap band. With the lap band, you can usually return to work within a week. You are probably going to lose more weight with a RNY, but both of these surgeries will get you back to a healthy weight. Only you can decide if [Los Angeles bariatric lapband surgery](#) is right for you.