

Gastric Plication

Gastric Plication is a weight loss procedure performed by our weight loss surgeons at Bondi Junction.

What is Gastric Plication?

Gastric Plication is performed as a laparoscopic procedure. This involves making five or six small incisions in the abdomen and performing the procedure using a video camera (laparoscopic) and long instruments that are placed through these small incisions.

Laparoscopic Gastric Plication involves sewing one or more large folds in your stomach. During the Laparoscopic Gastric Plication the stomach volume is reduced to about 70% which makes the stomach able to hold less and may help you eat less. There is no cutting, stapling or removal of the stomach or intestines during the Gastric Plication. The Gastric Plication may potentially be reversed or converted to another procedure if needed.

The Gastric Plication procedure is minimally invasive and takes approximately one to two hours to complete. Most patients stay in hospital for at least two days after the procedure.

How Does Gastric Plication Cause Weight Loss?

Gastric Plication is a restrictive procedure. It greatly reduces the size of your stomach and limits the amount of food that can be eaten at one time. It does not cause decreased absorption of nutrients or bypass your intestines. After eating a small amount of food, you will feel very full very quickly and continue to feel full for several hours. Gastric Plication may also cause a decrease in appetite.

What Are The Risks of Laparoscopic Gastric Plication?

There are risks that are common to any laparoscopic procedure, such as bleeding, infection or injury to other organs or the need to convert to an open procedure. There is also a small risk of a leak from the suture line used to imbricate/plicate (fold) the stomach. These problems are rare and major complications occur less than 1% of the time.

What are the Benefits of Laparoscopic Gastric Plication?

Depending on your pre-operative weight, patients can expect to lose between 40% to 70% of your excess body weight in the first year after surgery. Many obesity related comorbidities improve or resolve after bariatric surgery. Diabetes, hypertension, obstructive sleep apnoea and abnormal cholesterol levels are improved in more than 75% of patients undergoing a bariatric procedure. Though long term studies are not yet available, the weight loss that occurs after Gastric Plication results in significant improvement in these medical conditions in the first year after surgery.



Is Laparoscopic Gastric Plication a Good Choice for Me?

Our surgeons will talk to you about Gastric Plication as an option if you have a BMI over 27 with one or more significant co-morbidities which are generally expected to be improved, reversed or resolved by weight loss.

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