Pre-operative weight loss and its impact on post-operative outcomes in bariatric patients

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Introduction

- Pre-operative weight loss not routinely required
- Studies have shown a mix of results
- Some newer studies have shown there may be an impact of pre-op weight loss on post-operative weight loss

GOAL

- **Determine if there's a relationship between pre-operative and post-operative weight loss**

Methods

- Retrospective analysis of 1438 patients
- Timeframe: 2012-2020
- Statistics regression analysis and ANOVA

Results



Pre-op

Average weight at first visit:
137.2 kg

Average pre-op weight loss:
8.4 kg

Post-op

Average 6 mo weight loss:
26.9 kg

Average 1 year weight loss:
33.4 kg

Time frame	Number of pts	P-value
6 month data	770	< 0.000
1 year data	175	< 0.000

regression analysis of pre-operative weight loss to post-operative weight loss



ANOVA assessing relationship between pre-operative weight loss and follow-up

Time frame	Number of pts	% follow up	P-value
6 month data	770	54%	< 0.000
1 year data	175	12%	< 0.000

Conclusions





