

EXPECTED WEIGHT LOSS AFTER SURGERY

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TERMS

- **Ideal Body Weight (IBW)** = your weight at a BMI of 25 based on your specific height
- **Excess Body Weight** = how much EXTRA weight you are carrying relative to your IBW
- **Excess Weight Loss (EWL%)** = the percentage of your excess body weight that you've lost
- **Total Weight Loss (TWL%)** = the percentage of your total body weight that you've lost

IDEAL BODY WEIGHT (IBW)

*At a BMI of 25**

$$\text{IBW} = [(\text{height in inches squared}) / 703] \times 25$$

CALCULATING IBW

You are 5'6". What is your IBW for a BMI of 25?

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CALCULATING IBW

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Step 1 = Convert 5'6" into inches

- **66"** (trick: 5' = 60 inches)

Step 2 = Square this number

- **66*66 = 4,356**

Step 3 = Divide by 703

- **6.196**

Step 4 = Multiply by 25

- **154.9 lbs.**

EXAMPLE (IBW)

You are 5'6". What is your IBW for a BMI of 25?

At 5'6", your ideal body weight would be ~155 lbs.

Excess Weight

- 1 Take your highest weight
- 2 Subtract it from your Ideal Body Weight
- 3 This is how much EXTRA weight you have

Excess Weight

Sleeve Example:

Your highest weight was 255 lbs. prior to surgery. You are 5'6".

How much **excess weight** do you have?

Excess Weight

- Take your highest weight
- Subtract it from your Ideal Body Weight
- This is how much EXTRA weight you have

Your highest weight was 255 lbs. prior to surgery.

You are 5'6".

Highest Weight	
Current Weight	
Weight Lost	
IBW	
Excess Weight	
EWL %	

Excess Weight

- Take your highest weight
- Subtract it from your Ideal Body Weight
- This is how much EXTRA weight you have

Your highest weight was 255 lbs. prior to surgery.

You are 5'6".

Highest Weight	
Current Weight	
Weight Lost	
IBW	
Excess Weight	
EWL %	

Excess Weight

- Take your highest weight
- Subtract it from your Ideal Body Weight
- This is how much EXTRA weight you have

Your highest weight was 255 lbs. prior to surgery.

You are 5'6".

Highest Weight	255
Current Weight	
Weight Lost	
IBW	155
Excess Weight	100
EWL %	

Excess Weight Loss %

Sleeve Example:

Your highest weight was 255 lbs. prior to surgery. You are 5'6".

You're 4 months out from surgery and currently weigh 215 lbs.

Excess Weight Loss %

- Take current weight
- Subtract from highest weight
- Divide by Excess Weight
- Multiply by 100 for a %

Current weight =
215 lbs.

Highest Weight	255
Current Weight	
Weight Lost	
IBW	155
Excess Weight	100
EWL %	

Excess Weight Loss %

- Take current weight
- Subtract from highest weight
- Divide by Excess Weight
- Multiply by 100 for a %

Current weight =
215 lbs.

Highest Weight	255
Current Weight	215
Weight Lost	40
IBW	155
Excess Weight	100
EWL %	40%

Averages

TABLE 1.1 Weight Loss Outcomes of Metabolic and Bariatric Procedures^{5,7,39-42}

Weight loss outcomes over time						
Procedure	2 years postoperative		10 years postoperative		20 years postoperative	
	%EWL ^a	%TBWL ^b	%EWL	%TBWL	%EWL	%TBWL
AGB ^c	52.6%	20.4%	45.9%	19.4%	48.9%	22.2%
SG ^d	58%	25%	58.3%	26.3%		ND ^e
RYGB ^f	68%	35%	56.7%	25%		ND
BPD/DS ^g	65.1%	ND	74.1%	ND		ND
	1 year postoperative		2 years postoperative		5 years postoperative	
	%EWL	%TBWL	%EWL	%TBWL	%EWL	%TBWL
SADI-S ^f	72%	38.6%	ND	38.7%	ND	37%

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AGB ^c	52.6%	20.4%	45.9%	19.4%	48.9%	22.2%
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RYGB ^f	68%	35%	56.7%	25%		ND
BPD/DS ^g	65.1%	ND	74.1%	ND		ND
	1 year postoperative		2 years postoperative		5 years postoperative	
	%EWL	%TBWL	%EWL	%TBWL	%EWL	%TBWL
SADI-S ^f	72%	38.6%	ND	38.7%	ND	37%

Volunteers?

Highest Weight	
Current Weight	
Weight Lost	
IBW	
Excess Weight	
EWL %	

	2 Years
VSG	58%
RYGB	68%
SADI	72% (1y)
DS	65%

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www.bananabariatrics.com



[@banana.bariatrics](https://www.instagram.com/banana.bariatrics)



Facebook Group:
Bariatric Weight Loss Support Group

