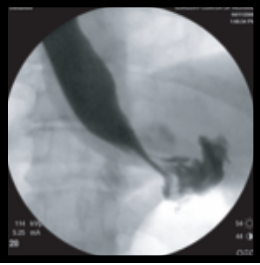
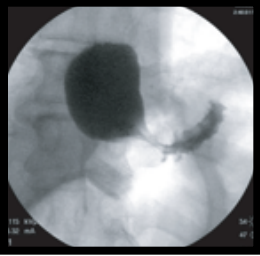


Dilation and Slip



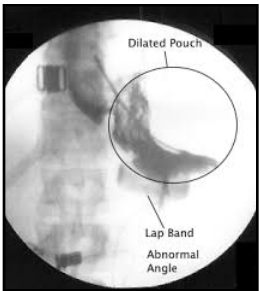
What is a normal pouch?

The gastrointestinal tract is made of smooth muscle that performs a series of contractions (squeezing) known as peristalsis. This action propels food from the back of the mouth into the stomach. The Lap-Band is surgically placed at the gastroesophageal junction where the esophagus widens and becomes the upper part of the stomach. When the band is adjusted, it narrows this area creating a small pouch of stomach above the band. It is this small pouch that helps to limit the amount of food you can eat at one time. No more than **one nickel-sized bite** should be in the pouch at any given time. Eating too fast, too big of a bite, or eating until you feel a fullness or slight chest pressure are ways to overstretch this pouch.



What happens when a pouch is dilated?

The pouch can be overstretched by overeating, eating too fast, taking big bites, vomiting, having your band too tight, or eating foods until you feel uncomfortable. If you continually overstretch your pouch, you can cause your pouch to dilate or “stretch out,” and then it will hold more food. You may notice weight gain or that you can eat larger portions. If you continue eating larger portions, it worsens the problem by continuing to stretch the pouch and may result in a “slip”.



What is a slip?

A “slip” occurs when a portion of the stomach below the band slips up through the stoma (the opening inside the band between the pouch and the rest of the stomach), causing a prolapsed or herniated pouch. This pouch can hang over the edges of the band causing food to be stuck in the pouch and prevent it from passing through the stoma to the stomach. This can cause pain, heartburn, regurgitation, and vomiting. If a “slip” is severe, circulation to the stomach can be compromised requiring a second surgery to repair the “slip”, or to remove the band if there is too much scar tissue to repair the area. **Vomiting** is the most common cause of a slip, so contact Lapband Solutions immediately if you are experiencing persistent vomiting.

What should I do if I think I have a dilation or slip?

Although these complications are not common, they can be serious enough to require a second, more complicated surgery, which can be detrimental to your weight loss and lead to uncomfortable side effects. The best way to prevent complications is to closely follow the “8 Golden Rules”** and the instructions given to you by your healthcare providers at Lapband Solutions. However, if you do develop a complication, early intervention is the next best treatment. Contact Lapband Solutions immediately if you develop heartburn, reflux, vomiting, difficulty swallowing, or night cough.

What will happen if I am diagnosed with a dilation or slip?

If a dilation or slip does occur, it is imperative that you receive early intervention to maintain a properly functioning system and to try to prevent a second surgery which can result in the removal of your Lap-Band. The earlier you seek treatment, the more likely we will be able to diagnose the problem and develop a treatment plan.

For most dilations or slips, the first non-surgical step to treat the problem is to remove all fluid from the band to allow the system to rest. This will relieve some of the stress on the pouch which has led to the dilation and hopefully allow the pouch to regain some of its tone so that it can again function to limit portions. In a slip, removing fluid enlarges the stoma, increasing the chances that the stomach (which has slipped above the band) can slip back down. When the dilation or slip has resolved, adjustments can be resumed.

Diligence with the prescribed dietary guidelines will also improve your chances of having a dilation or “slip” resolve without another surgery. By following these guidelines, you can help decrease stress on the pouch and stoma and increase the chances that they will return to normal functioning.

**8 Golden Rules

1. Eat three or less small meals per day	2. Do not eat anything between meals
3. Eat slowly & stop when no longer hungry	4. Focus on nutritious foods
5. Avoid high calorie-containing liquids	6. Exercise for at least 30min daily
7. Be active throughout each day	8. Always keep in contact with us