



Myths and Misconceptions About Bariatric Surgery

Myth



- ✗ **Bariatric surgery** is a very serious medical procedure



- ✗ **Exercise** and a balanced diet reduce weight



- ✗ **Most patients** regain their weight after surgery



- ✗ **Mineral and vitamin** deficiencies are an inevitable result of bariatric surgery



- ✗ **Pregnancy** is not possible after bariatric surgery



- ✗ **Bariatric surgeries** leave large scars



- ✓ Thanks to the development of medical technologies, **the risks of bariatric surgery** have become equivalent to gallbladder surgery



- ✓ Despite the importance of exercise and diet, **they are not enough** because insulin resistance causes the lost weight to be regained



- ✓ A greater number of people who had bariatric surgery maintained their **weight loss after 10 years** compared to people who did not have the surgery



- ✓ **Bariatric surgery sometimes affects absorption**, but this can be compensated for with nutritional supplements and regular check-ups



- ✓ It is recommended to avoid pregnancy during the **first 1.5 years after bariatric surgery**, as fertility improves in both sexes after this period



- ✓ **Scars and recovery time** are reduced thanks to advanced techniques such as laparoscopy

