

2nd MIDDLE EAST OBESITY, BARIATRIC SURGERY AND ENDOCRINOLOGY CONGRESS
&
2nd GLOBAL MEETING ON DIABETES AND ENDOCRINOLOGY
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RS. Premier Bintaro, Indonesia

Preparation and post-operative treatment in bariatric surgery

Bariatric surgery is the only proven modality to manage the severely obese and being accepted for improved safety and patient recovery. In 2013, the American Medical Association (AMA) recognize obesity as a disease state with multiple pathophysiological aspects requiring a range of interventions to advance obesity treatment and prevention. To get Successful result when doing bariatric surgery, we must do a good preparation before and after surgery. Before surgery we have to tell the patient to Liquid diet (high protein and low calories) 5 – 7 days before surgery, and preparation operation with well-organized team. Stop smoking and alcohol. And then after surgery we will collaborate with Clinical Nutrition to regulate diet regulation, there are several things that must be considered after bariatric surgery not eating Spicy, Sour, Soda, Alcohol, and Smoking, the patient also must be taking vitamins, exercise (according to the patient's capacity), hopefully Drink clear fluid et least 2 Liters.

Biography

Errawan R. Wiradisuria was born on April 2nd, 1957 Bandung (Indonesia), dr. Errawan completed his medical doctor in University of Padjajaran Bandung, and continue his study to general surgeon in University of Indonesia Jakarta and then take further education as a Digestive Surgeon in University of Indonesia Jakarta. Now current position as General Surgeon, Consultant in Digestive and Laparoscopic Surgery at Premier Bintaro Hospital – Jakarta and Mayapada Hospital – Jakarta. He is one of the Instructor in many Laparoscopic Surgery Courses in 1997 until now in Indonesia, in 2002 until now as a Executive Council Member (Governor) of ELSA, in 2006 until now as a Board Member of Asia Endo-surgery Task Force (AETF), in 2008 until now as a President of Indonesian Society of Endo-Laparoscopic Surgeons (ISES / PBEI), In 2016 until now as a Vice President of Indonesian Digestive Surgeons Association (IDSA / IKABDI), in 2016 until now as a Board Member of Asia Pacific Endo-Lap Surgery Group (APELS), in 2017 until now as a International Honorary Member of Japan Society for Endoscopic Surgery (JSSES), in 2018 until now as a Board Member of Asia Pacific Metabolic and Bariatric Surgery Society (APMBSS), in 2016 until 2018, the position as President of ASEAN Society of Colo-Rectal Surgeons (ASCS), and in 2018 until now as a Founder and Advisor of Indonesia Metabolic – Bariatric Society (IMBaS).