Weight Loss in Adolescents After Bariatric Surgery: A Systematic Review

In addition to the risk of developing comorbidities, childhood and adolescent obesity also has psychosocial repercussions as well as long-term repercussions into adulthood. Increasingly, attention is being brought regarding whether bariatric surgery would be an option for young people. However, concerns surrounding the safety of the procedure remains. The purpose of this article is therefore “to examine existing literature and primarily report weight loss after bariatric surgery, while also describing the effect of bariatric surgery on comorbid conditions and post-operative complications.”

23 studies were found to meet the inclusion criteria. Overall, three types of bariatric surgery were looked at: lap band, sleeve and bypass. Overall, weight loss was achieved after all bariatric procedure. While the results of bariatric surgery for adolescents seems promising, the evidence remains scarce and further study is needed to look at the long-term results and complications associated with the procedure.