

Understanding Weight Regain After Bariatric Surgery

Is Weight Regain Normal?

Yes. **Some weight regain is common and expected** after bariatric surgery.

- Most patients lose the greatest amount of weight in the first **12–18 months**
- A degree of weight regain may occur after this period
- Regaining a small proportion of lost weight does **not** mean surgery has failed

Weight regain becomes a concern when it is **progressive, significant, or associated with worsening health conditions.**

Causes of Weight Recidivism

Weight regain is usually **multifactorial** and not due to a single cause.

Biological and Hormonal Factors

- Changes in appetite-regulating hormones over time
- Reduced resting metabolic rate after significant weight loss
- The body's natural tendency to defend a higher weight ("set point")

Anatomical Factors

- Stretching of the stomach pouch or gastric outlet
- Development of anatomical changes (e.g. fistula, dilation)
- Differences in long-term outcomes between procedures

Lifestyle and Behavioural Factors

- Gradual return to high-calorie or grazing eating patterns
- Reduced protein intake
- Decreased physical activity
- Loss of structured follow-up and accountability

Psychological Factors

- Emotional eating
- Stress, anxiety, or depression
- Disordered eating behaviours
- Inadequate psychological support

Environmental and Social Factors

- Easy access to energy-dense foods
- Busy schedules and time pressures
- Social eating expectations
- Limited access to ongoing multidisciplinary care

Risk Factors for Weight Recidivism

Some factors are associated with a higher risk of weight regain:

- Limited long-term follow-up after surgery
- Poor adherence to dietary recommendations
- Low physical activity levels
- Untreated mental health conditions
- Certain medications (e.g. some antidepressants, steroids)
- Anatomical changes following surgery
- Significant life stressors

Treatment: A Stepwise Approach

Management of weight regain should be **individualised** and usually follows a stepwise approach.

1. Lifestyle and Nutritional Re-Engagement

- Review eating patterns and portion sizes
- Re-establish protein-focused meals
- Address grazing or liquid calorie intake

- Increase physical activity in a sustainable way
- Reconnect with a bariatric dietitian

2. Psychological Support

- Assessment for emotional or disordered eating
- Behavioural therapy and coping strategies
- Support for stress, mood, or life transitions
- Psychology is a key component of long-term success

3. Medications

- Weight-loss medications may be considered in selected patients
- These can help address appetite, satiety, or metabolic changes
- Medication choice depends on individual health factors and surgery type
- Medications are used **in addition to**, not instead of, lifestyle strategies

4. Surgical or Endoscopic Revisional Options

- Considered only after comprehensive assessment
- Used when anatomical issues or significant regain persist
- Risks and benefits must be carefully weighed
- Not all patients are suitable candidates

How to Prevent Weight Regain

While weight regain cannot always be fully prevented, the following reduce risk:

- Lifelong follow-up with your bariatric team
- Regular review with a dietitian
- Ongoing physical activity
- Early intervention if weight begins to increase
- Addressing psychological and emotional health

- Attending scheduled post-operative reviews

Early support is more effective than waiting until regain is significant.

Key Statistics

Area	Evidence-Based Findings
Initial weight loss	Peak weight loss typically occurs at 12–18 months
Weight regain	20–30% of patients regain a clinically significant amount over 5–10 years
Long-term success	Most patients maintain substantial net weight loss compared to pre-surgery
Follow-up impact	Regular long-term follow-up is associated with better weight maintenance
Treatment response	Multidisciplinary management improves outcomes

Statistics vary by procedure type and individual factors.

Evidence-Based Resources

The following reputable sources provide evidence-based information on bariatric surgery outcomes and weight regain:

- **Australian and New Zealand Metabolic and Obesity Surgery Society (ANZMOSS)**
<https://anzmoss.com.au>
- **Royal Australasian College of Surgeons (RACS)** – Patient information
<https://www.surgeons.org>
- **American Society for Metabolic and Bariatric Surgery (ASMBS)**
Long-term outcomes and patient education
<https://asmbs.org>
- **National Institute for Health and Care Excellence (NICE)**
Obesity and bariatric surgery guidance
<https://www.nice.org.uk>
- **UpToDate® (Patient Education)**
Weight regain after bariatric surgery (via healthcare providers)

Final Notes

Weight regain after bariatric surgery is **common, complex, and manageable**. It does not represent personal failure or surgical failure. Early recognition and re-engagement with your healthcare team allows timely, effective support.

If you have concerns about weight changes after surgery, please discuss them with your bariatric surgeon or healthcare team.

This information is provided for general guidance only and does not replace individual medical advice.

