

## BroadcastMed | FAQ: What are the benefits of minimally invasive weight loss surgery?

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**NESTOR F. DE LA CRUZ-MUNOZ:** The benefits for patients undergoing laparoscopy versus open surgery are huge. There are known benefits of laparoscopy which include, decreased wound infections, decreased hernia rates, return to work is quicker, length of hospital stays normally quicker, pain is less. And those all hold true for bariatric patients but are even magnified in bariatric patients.

We know that almost 25% to 30% of bariatric patients when they're done open will develop a hernia or wound infection, where this goes down to about 1 and 1,000 in laparoscopic patients. And also in limiting patients afterwards, where a bariatric patient is normally told not to lift anything more than 10 pounds for about eight weeks, we can get patients in the gym the week of their surgery, without restriction, because the risk of hernias is almost non-existent.