

# Sleeve Gastrectomy and Beyond: Chronic Postoperative Symptoms and Patient Experiences in Saudi Arabia: A Systematic Review

Waleed M. Alhuzaim, MD\*, Raghad Mohammed Alajlan\*\*, Rahaf Abdulkhaliq Alshehri\*\*, Razan Mohammed Alanazi\*\*, Leen Khalid Alsarhan\*\*, Hala Khalid Alamri\*\*

## ABSTRACT

Sleeve gastrectomy (SG) is a popular bariatric surgical option employed in Saudi Arabia; however, long-term patient experiences and chronic postoperative systems remain largely understudied. This systematic review seeks to assess the prevalence, severity, and impact of chronic postoperative symptoms on the quality of life and patient satisfaction. This systematic literature review adhered to PRISMA guidelines, with the selection of 27 studies published between 2016 and 2025 aligning with a rigorous inclusion criterion. Academic Databases like PubMed, Google Scholar, Scopus, Semantic Scholar, and Saudi Digital Library were used to retrieve literature using keywords like “sleeve gastrectomy,” “GERD,” and “patient satisfaction”. The most common chronic symptom reported is GERD (23-58%), followed by nutritional deficiencies (e.g., Vitamin D, iron) and psychological issues such as depression (15-23%). Quality of life was negatively impacted due to chronic symptoms, specifically dietary restrictions and body image concerns were the key concerns. Notable weight loss and comorbidity remission rates were reported; however, satisfaction was variable (62-92%) which was majorly influenced by cultural and lifestyle factors. Long-term significant challenges are persistent in SG patients within Saudi Arabia which requires increased preoperative screening, multidimensional postoperative management, and culturally sensitive interventions. Mitigating these challenges will help improve outcomes and elevate patient satisfaction attributing to the procedure’s long-standing efficacy.

*Keywords: Patient Satisfaction, Quality of Life, Saudi Arabia, Gastroesophageal Reflux, Gastrectomy, Weight Loss*

*Bahrain Med Bull 2026; 48 (1): 2941-2950*

---

\* Canadian Board and Fellowship of the Royal College of Surgeon of Canada  
Principal Investigator, Department of Medicine, College of Medicine  
Al-Imam Mohammad Ibn Saud Islamic University, Riyadh, KSA  
Email: waleedalhuzaim@outlook.com

\*\* Student, College of Medicine, Al-Imam Mohammad Ibn  
Saud Islamic University, Riyadh, KSA