Journal of Carcinogenesis
Covering Genesis to Therapeutics

Journal of Carcinogenesis, ISSN: 1477-3163
2025; Vol 24: Issue 6s, https://carcinogenesis.com/

AI-Based Predictive Modelling for Post-Surgical Complications in Bariatric Surgery

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ABSTRACT

Obesity is one of the greatest health problems in the world, and bariatric surgery has arisen as the best way of maintaining the normal weight and metabolism. Nevertheless, anastomotic leaks, infections, and pulmonary embolism are also significant clinical issues after the surgical procedure. The conventional risk assessment instruments are not usually strong enough to consider the multifactorial and dynamic nature of such complications. The proposed research explores the usage of Artificial Intelligence (AI)-based predictive modelling in detecting and preventing post-surgical complications in bariatric surgery using a secondary descriptive research design. Based on peer-reviewed articles and 2015 to 2025 datasets, in the analysis, AI algorithms such as Random Forests, Support Vector Machines, and Neural Networks, outperform traditional scoring systems. The results indicate that AI models can combine complicated clinical, demographic, and biochemical data and enhance accuracy and early complication detection to promote personalized care and efficient resource allocation. Although some issues such as interpretability of data and insufficient multicentre validation currently exist, AI-based predictive models demonstrate great promise in improving the safety of surgery, postoperative outcomes, and promoting precision medicine in bariatric surgery.

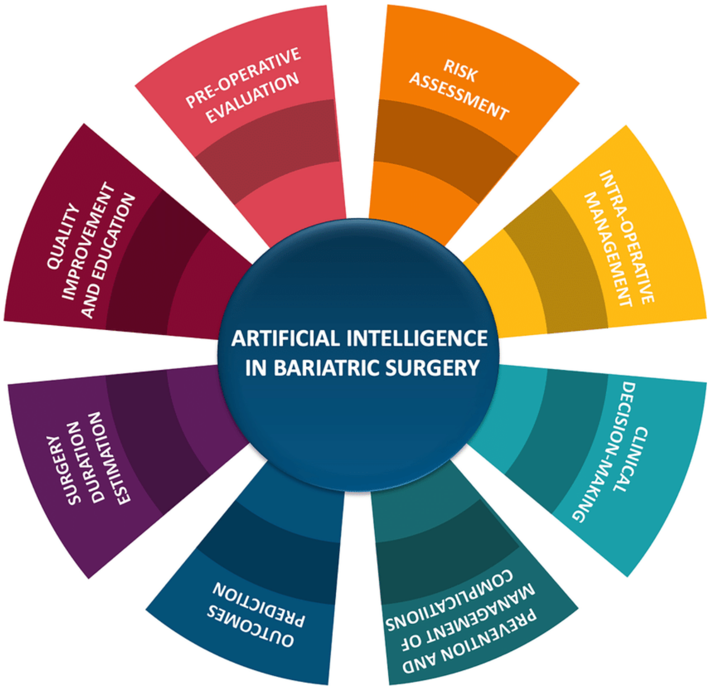
Keywords: *Artificial Intelligence (AI); bariatric surgery; predictive modelling; post-surgical complications; machine learning (ML); deep learning (DL); risk stratification; clinical decision support; precision medicine; secondary research.*

How to Cite: Mr. Ssanidhya Rajesh Barraptay , Dr. V Vijayasri Boilsetty , Dr Udara Yedukondalu, (2025) AI-Based Predictive Modelling for Post-Surgical Complications in Bariatric Surgery, *Journal of Carcinogenesis*, *Vol.24, No.6s*, 762-773

1. INTRODUCTION

1.1 Background of the Study

Obesity has become one of the most urgent global health-related issues of the twenty-first century, impacting people in a wide range of social economic and geographical settings. It is linked to several life-threatening comorbidities, such as type 2 diabetes mellitus, hypertension, cardiovascular diseases, obstructive sleep pane, and some cancers. Since most people with morbid obesity do not respond adequately to lifestyle modification and pharmacological therapy, bariatric surgery has emerged as a very useful form of treatment. Roux-en-Y gastric bypass (RYGB), sleeve gastrectomy, and adjustable gastric banding result in excessive and permanent weight loss which is accompanied by impressive changes in metabolic health and quality of life. Estimates provided by the World Health Organization (WHO) and the International Federation of the Surgery of Obesity and Metabolic Disorders (IFSO) demonstrate that the amount of bariatric surgeries performed world over has significantly increased in the last twenty years in response to the increased acceptance of surgical intervention as a treatment form of obesity related disorders. Although the health advantages are proven, bariatric surgery has a threat of post-surgical complications, which may undermine the healing process of the patient and heighten healthcare costs. Some of the most common problems are anastomotic leaks, intra-abdominal infections, pulmonary embolism, bleeding, nutritional deficiencies, and post-surgical hernias.



These complications may happen at different levels, such as at the time of operation, right after it, or in the later period and they may require reoperations, long-term hospitalization, or even death. In addition, the unpredictability of surgical outcomes also depends on the difference in patient characteristics, including age, body mass index (BMI), metabolic profile, and coexisting diseases. Therefore, the knowledge and forecasting of the danger of such complications have become essential parts of the pre-operative examination and post-operative care. Nonetheless, the conventional risk stratification models and clinician-based measurements tend to be dependent on fewer parameters, subjective opinions, and small datasets, which limits their predictive capability. Worldwide, the increasing rates of obesity, estimated to afflict more than 1 billion adults and 159 million children as of 2023, have put pressure on the need to implement effective bariatric surgery. This rise in surgical volume has made minimizing the morbidity and mortality of the patient in the post-operative period by enhancing predictive mechanisms an issue of focus in clinical research studies. The pressure on health systems to use more sophisticated data analytics and technological innovations to predict surgical outcomes more precisely is now a reality. It is against this background that the application of the Artificial Intelligence (AI) in the bariatric care is a disruptive solution to enhancing the safety of surgery, increasing resource use, and evidence-based decision-making.

1.2 Role of Artificial Intelligence in Healthcare

Advanced health technologies Artificial Intelligence has transformed healthcare by making data-driven insights, automation, and predictive analytics to support clinical decisions. The past few years have seen a surge in the implementation of AI-based systems, especially systems based on machine learning (ML) and deep learning (DL) into practice in a wide range of medical fields, including radiology, oncology, cardiology, and surgery. These systems also do a very good job in finding multidimensional data complex, non-linear relationships that are sometimes beyond the ability of the conventional statistical models to compute. The surgical setting is one area where AI can be useful in the form of clinical decision support systems (CDSS), predictive diagnostics, risk assessment, and personalized treatment planning. Predictive modeming is one of the most important AI uses in surgery that is focused on training algorithms to predict clinical outcomes based on patient data. Predictive analytics has shown significant performance in the high-risk identification of the patients at the risk of post-operative infection, high hospital readmission, and mortality. An example is the use of models including Random Forests, Support Vector Machines, and Artificial Neural Networks (ANNs) to predict complications after cardiac, orthopaedic, and colorectal surgery with higher accuracy than traditional scoring systems such as the American Society of Anesthesiologists (ASA) classification and POSSUM (Physiological and Operative Severity Score for the Enumeration of Mortality and morbidity). This type of models has the capability to examine hundreds of variables - such as demographic, physiological, biochemical and procedural information - to identify subtle trends that can indicate a possible complication.

AI is starting to gain more prominence in the framework of bariatric surgery. Using electronic health records (EHRs) data, pre-operational data, intra-operational data, and post-operative data, the AI models can make real-time predictions of adverse outcomes. As an exam protocols ore algorithms can be used to estimate the risk of anastomotic leaks or venous thromboembolism prior to surgery to enable clinicians to change treatment plans, optimize anaesthesia protocols, or increase resource allocation in an intensive care. Besides, AI-based decision-making tool improves post-operative care by detecting abnormal patterns of recovery that can predict the complications early. The predictive modelling success is based not only on the accuracy of the diagnosis but also on the possibility to change the care paths. The standardization of clinical workflows, minimization of variability in clinical judgment, and the promotion of personalized interventions are examples of clinical uses of AI-based tools. Predictive analytics also enable optimization of resources whereby hospitals can focus more on high-risk patients to have them closely monitored and hence enhance the efficiency of overall surgery. In an area such as bariatric surgery with a high level of patient heterogeneity and risk of complication, AI is an advanced intelligence that can be used to augment surgical competence and foster patient-centered outcomes.

1.3 Rationale of the Study

Bariatric surgery is quite complex, which requires specific and active risk management measures. Although surgical practices and perioperative care have improved, post-surgical complications are still costing healthcare systems a lot of clinical and economic burden. The traditional assessment tools although useful are usually not able to reflect the complexity of the interaction of various risk factors like the metabolic parameters, surgical variables and patient comorbidities. Such shortcomings help to highlight the necessity of more complex and dynamic prediction models that can learn available datasets and constantly improve their predictive capabilities. The predictive modelling is one way to close this gap by using data mining, machine learning, and pattern recognition to identify latent relationships among variables that affect surgical outcomes. Unlike traditional statistical models, which are dependent on a set of hypotheses, AI algorithms can transform themselves based on the data complexity and provide more accurate predictions as new data is available. An example is that machine learning models can be trained on thousands of patient records to discover combinations of factors elevated preoperative glucose level, surgery duration, or cardiovascular condition, etc., that may have a collective effect of elevating the risk of post-surgical complications. This feature improves the risk stratification of clinicians on the individual and population level.

Category	Predictive Variables	Description	Clinical Relevance
Demographic Factors	Age, Sex, BMI, Smoking Status	Basic patient characteristics influencing recovery	Older age and higher BMI increase complication risk
Preoperative Clinical Parameters	Blood pressure, HbA1c, Liver enzymes, Comorbidities (e.g., diabetes, hypertension)	Baseline health indicators	Help assess surgical readiness and vulnerability
Intraoperative Variables	Type of surgery (e.g., gastric bypass, sleeve gastrectomy), Duration of surgery, Blood loss	Surgical process parameters	Directly affect tissue healing and recovery
Postoperative Indicators	Infection markers, Heart rate, Oxygen saturation, Early mobility	Monitored variables after surgery	Predict infection, leakage, or respiratory complications
Lifestyle & Behavioral Factors	Diet adherence, Physical activity, Follow-up compliance	Long-term patient habits	Affect wound healing and long-term outcomes

Table 1: Key Factors Influencing Post-Surgical Complications in Bariatric Surgery

Besides, preventive intervention through early identification of possible issues can lead to better prevention of possible complications, reoperations and hospitalization are minimized, and, in general, recovery patterns are enhanced. Systemically, predictive analytics can also assist in optimizing resources to enable the hospitals to allocate intensive care beds, staff, and monitoring resources more effectively according to the anticipated risk. Moreover, AI-based tools are able to improve individual medicine making preoperative planning and postoperative follow-up more specific to the individual physiological profile of patients. Although these benefits exist, there are still discrepancies in the application of AI in bariatric surgery. Small datasets, the absence of external validation, and the inability to interpret complex algorithms is a common issue with many studies that exist, usually called the black box problem. Comprehensive secondary analyses that would synthesize the results of the previous AI applications in the sphere are also lacking. This research will thus serve to close these gaps by carrying out a secondary, descriptive research on the impact AI-based predictive modeling in the management of post-operative complications in bariatric surgery. It aims to determine the effectiveness, limitations, and potential of AI models to improve the result of postoperative care through critical synthesis of available studies.

Simply put, this study is since there has been increasing awareness that data-driven intelligence can transform surgical care. Introducing AI into risk prediction systems will bring bariatric surgery a step closer to the objectives of precision medicine that will guarantee that every patient will be provided with personalized interventions that will reduce the risks and maximize recovery. It is believed that the knowledge obtained during this analysis will be used to advance the current debate on the use of AI in the field of surgery and, ultimately, will help make the field more effective, ethical, and patient-centered.

1.4 Research Aim and Objectives

Aim:
To analyze the application of AI-based predictive modeling in identifying and managing post-surgical complications in bariatric surgery using secondary and descriptive approaches.

Objectives:

To review existing AI models applied to surgical risk prediction.

To identify key predictors (clinical, demographic, biochemical) of complications after bariatric surgery.

To assess the effectiveness and accuracy of AI-based models in improving post-operative outcomes.

To propose a conceptual AI-driven framework for predictive complication management.

1.5 Research Questions

What are the most significant post-surgical complications in bariatric surgery?

How have AI-based predictive models been used in surgical risk prediction?

What parameters contribute most significantly to post-operative complication risks?

How can descriptive secondary data analysis help evaluate AI’s role in clinical outcome improvement?

2. LITERATURE REVIEW

2.1 Overview of Bariatric Surgery

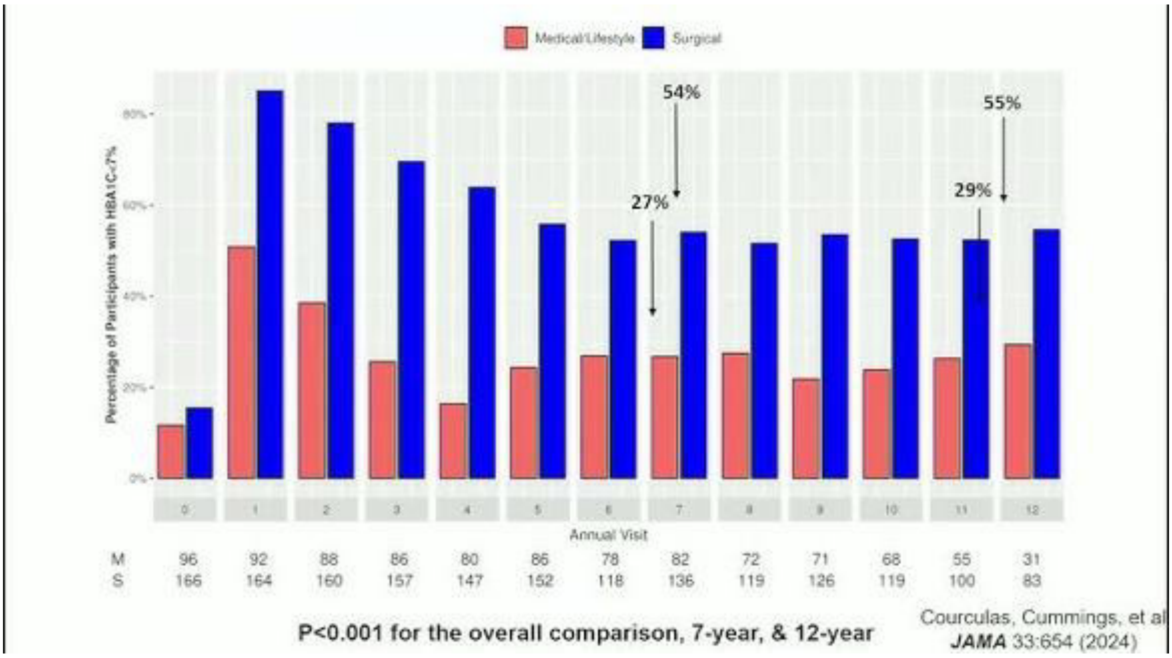
The bariatric surgery has become one of the most powerful long-term therapeutic measures to treat morbid obesity and the comorbid conditions like type 2 diabetes, hypertension, dyslipidaemia. The rising prevalence of obesity in the world has also contributed to the fact that the number of bariatric surgeries is similarly on the rise globally (Nguyen et al., 2020). The primary surgical interventions are Roux-en-Y gastric bypass (RYGB), sleeve gastrectomy (SG), adjustable gastric banding (AGB) and biliopancreatic diversion (BPD). These operations reduce weight in different ways, by restriction, malabsorption or hormonal regulation (Farinella et al., 2024). The postoperative risks associated with the bariatric surgeries are high despite the effectiveness of the surgery. There are such common complications as anastomotic leaks, bleeding, infections, pulmonary embolism, and micronutrient deficiencies (Elzayyat, 2025). Among the most critical ones are anastomotic leaks which commonly result in sepsis and extended hospitalization. Nutritional deficiencies, especially of iron, calcium, and vitamin B12, are common among patients who undergo malabsorptive surgeries, like RYGB and BPD (Mukhtar, 2025). Research has revealed that, despite the low mortality rates (less than 0.3 percent), morbidity rates are still high (10 to 20 percent) based on the type of surgery and the characteristics of the patient (Ochs, 2024). Thus, clinical outcomes and healthcare costs can be improved with the help of the correct prediction and prevention of complications.

2.2 Post-Surgical Complication Risk Factors

The complications in bariatric surgery that occur after surgery are a result of patient factors, surgical factors and factors related to the postoperative management.

Age, sex, body mass index (BMI), and pre-existing comorbidities are patient-related factors that have a significant effect on the risk of comorbidities. The elderly population and individuals with multiple comorbidities (e.g., diabetes, hypertension, or obstructive sleep apnoea) are more prone to adverse postoperative events because of low physiological resilience and impaired wound healing (Pantelis, 2025).

Factors that are surgical are; operational type, surgical duration and experience of the surgeon. RYGB and BPD involve complex procedures that have greater complication rates than sleeve gastrectomy or gastric banding (Farinella et al., 2024). Proficiency of the surgeon and institutional experience are also important decision-makers of safety where the high-volume centers have low morbidity rates.



Early mobilisation, infection control, and nutritional monitoring are characterized as postoperative management factors that play a central role in recovery. Follow-up regimens as well as a timely follow-up of the deficiencies result in considerably improved patient outcomes (Elzayyat, 2025). These multifactorial effects indicate why predictive frameworks are required whereby a variety of data points are incorporated to determine patient specific risk profiles.

2.3 AI in Predictive Healthcare

Artificial Intelligence (AI) has transformed the healthcare field by providing better data accuracy during diagnosis, clinical decision-making and predictive analytics. Historically, statistical models, including logistic regression, were used by clinicians to forecast surgical outcomes, and they can be restrained by the linear assumptions and failure to address the complex interactions between variables (Jiang et al., 2021). Large and multidimensional datasets can now be integrated and predictive capabilities extended by the introduction of machine learning (ML) and deep learning (DL) techniques. Random Forests (RF), Support Vector Machines (SVM), Gradient Boosting Machines (GBM), and Artificial Neural Networks (ANN) are algorithms that may be used to recognize non-linear relationships and discover hidden patterns in the data (Farinella et al., 2024). The uses of AI in predictive healthcare have presented positive outcomes in various fields including mortality forecasting, risk assessment of infections, and hospital readmission forecasting. As an example, ML models have performed better compared to the conventional risk scoring systems in sepsis and post-operative infections predictions (Jiang et al., 2021). To date, AI has proven to be very accurate in predicting complications in the context of surgery based on intraoperative data streams and patient vitals (Mukhtar, 2025). Hence, predictive analytics based on AI provide a ground-based method of predicting complications and pre-empting clinical intervention, which is especially useful in complicated surgeries like bariatric surgery.

2.4 AI-Based Predictive Models in Surgery

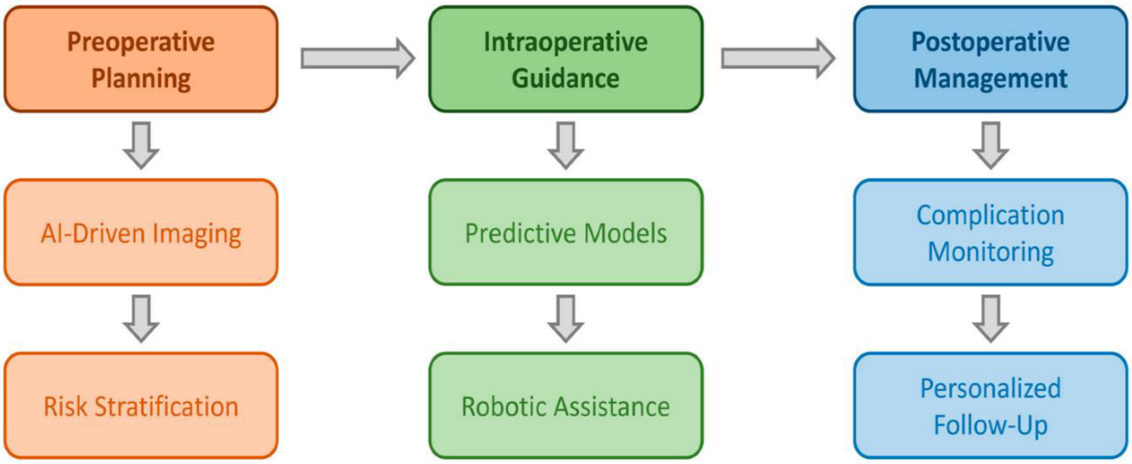
In the field of cardiovascular and orthopaedic surgery, as well as oncological, the predictive models of AI have been successfully applied in surgery. Within cardiovascular surgery, e.g., postoperative atrial fibrillation, acute kidney injury, or mortality are more accurately predicted with the help of ML algorithms compared to conventional risk models (Zhao et al., 2022). Similarly, it has also been provided in orthopaedic surgery where predictive models could predict the risk of infections and readmission following joint replacement procedures (Goh et al., 2023). Surgical risk has been measured or evaluated by using the conventional techniques such as the American Society of Anaesthesiologists (ASA) classification and POSSUM (Physiological and Operative Severity Score for the Enumeration of Mortality and Morbidity). However, current models are cumbersome in patient information and lack bendability (Pantelis, 2025). On the other hand, AI models can accept real-time inputs of data and provide definite predictions regarding patients.

As an example, one of the deep neural networks that have been trained on the perioperative data demonstrated a 1525 percent better prediction of the post-surgical mortality than the traditional models (Farinella et al., 2024). Other data sources that can be included in AI models are unstructured data sources such as clinical notes and imaging scans and provide a more complete risk evaluation. The innovations demonstrate how AI can transform the safety and results of the surgery.

2.5 AI in Bariatric Surgery

The past few years have seen the significant expansion of AI applications in bariatric surgery, mostly aimed at weight-loss results and postoperative complications predictions. The initial research used logistic regression and decision tree to predict adverse events, yet more recent studies use ML and DL algorithms to increase the prediction accuracy (Mukhtar, 2025). An example is the Pantelis (2025) study that used ML models to forecast both short-term and long-term complications after metabolic bariatric surgery based on the Random Forest, SVM, and Gradient Boosting models. The models had scores of area-under-the-curve (AUC) more than 0.85, which is much higher than the conventional methods. Equally, Elzayyat (2025) established that neural network-based algorithms were capable of forecasting early postoperative leakages with more than 90 percent accuracy with preoperative and intraoperative variables.

Farinella et al. (2024) used another study to combine digital follow-up data and electronic health records with AI and real-time postoperative monitoring systems to identify the early signs of complications (blood and infection). This is due to the fact that the continuous data streams that the model incorporated enabled it to raise risk warnings in anticipation of the emergence of clinical symptoms.



Furthermore, comparative studies have demonstrated that predictive models developed using AI can not only improve sensitivity and specificity but also improve clinical decision making by determining the most meaningful predictors (Ochs, 2024). Although such progress has occurred, AI usage in bariatric surgery has not yet become widespread, and researchers have not validated it in multicentre studies, and the interpretability of the algorithm is also problematic.

3. METHODOLOGY

The current study research design is descriptive research with secondary research design that seeks to determine the use of Artificial Intelligence (AI) in post-surgical complications prediction in patients undergoing bariatric surgery. The methodological approach will facilitate the thorough synthesis of academic and clinical evidence that is already available without necessarily using primary data collection (Jesson, Matheson, and Lacey, 2011). Descriptive analysis has allowed the research to construct a systematic collection and perception of the published literature, datasets, and case studies findings that assist in finding the patterns, model efficiency, and significant conclusions about the applicability and limitations of AI-based systems to the context of bariatric surgeries (Snyder, 2019). The methodological soundness and maintenance of the richness of analysis, particularly in a dynamic interdisciplinary field such as medical informatics, is ensured through the use of secondary data sources.

To achieve methodological rigor, multiple high-quality academic databases, including PubMed, IEEE Xplore, Scopus, and Google Scholar have been used to retrieve the data, and which, all in all, allows covering a wide range of articles that may have undergone peer-reviewing in either medical or computational sciences (Xiao and Watson, 2019). In addition to the articles, the supplementary data, i.e., Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP), were considered the extra data on the actual clinical outcomes (Aminian et al., 2020). With these datasets, useful quantitative data on perioperative and postoperative outcomes is available that can be utilized to validate descriptively the AI models that may be discovered in the past. The open access was also used to screen surgical repositories in case it was available to enhance the strength and representativeness of the synthesized data. The sources of data had been selected appropriately to align with the objectives of the research to test the predictive power of AI and where management trends in the postoperative treatment of complications of bariatric surgery are present.

A methodical list of inclusion and exclusion criteria facilitated the integrity and attention of the review. The studies undertaken in the period of 2015 to 2025 were thought to accommodate the latest advancements in AI and machine learning (ML) in surgery (Tranfield, Denyer, and Smart, 2003). Studies that concerned the application of AI or ML to surgery and to the bariatric predictive model in particular were included only. Only peer-reviewed publications that are in the English language were used to ensure that they are academically reliable and accessible. Conversely, articles which were not in the

English language, articles which were not peer-reviewed, conference abstracts when the methodological procedures were not made clear, and articles when the variables of performance evaluation such as accuracy, sensitivity, specificity, or area under the curve (AUC) had not been reported were discarded. The level of bias was minimized by this choice scheme, but it also ensured that the literature was systematically assessed and of high methodological quality, a factor that increased the validity of the entire study (Liberati et al., 2009).

The data extraction and analysis were conducted by finding, organizing and synthesizing the information that was relevant on the selected sources. The most significant variables were considered (e.g., type of algorithm, tagged as random Forest, Neural Networks, Support Vector Machines), model inputs (e.g., demographic, clinical and operative variables) and performance outcomes to obtain the results in structured tables, therefore, allowing comparison (Jesson et al., 2011). Quantitative indicators (primarily, AUC, accuracy, sensitivity, and specificity) were analyzed descriptively in a way that would allow knowing the reliability of models, as well as their application in clinical practice. In addition to the performance assessment, thematic categorization was also applied to identify conceptual areas that continued to reoccur in the literature like predictive accuracy, data quality, interpretability, and ethical issues in AI incorporation. It was this two-layered analytical exercise that allowed balancing the aspects of technical efficacy with practical implementation in an equal ratio and adhere to the best practices in systematic synthesis (Snyder, 2019).

The study applied the triangulation and critical appraisal techniques to enhance validity and reliability of research. The selected articles were cross-referenced with the rest to ensure the uniformity of the findings reported and to ensure that the concepts do not clash with one another on various methodologies (Whittemore and Knafl, 2005). Also, PRISMA (Preferred Reporting Items to Systematic Reviews and meta-analyses) was applied to select and review the articles and ensure transparency and reproducibility of the methodology (Page et al., 2021). This methodology enabled it to prevent selection bias and consistency of the literature screening process. The study was also interested in articles which contained sufficient methodological data that would allow independent evaluation of the findings. In this study, critical review of the study designs, data sources, and method of model validation was utilized to make sure that the synthesis of the study was credible and abreast with the current knowledge.

Ethically, the study did not assume any direct human intervention or clinical trial, all the information was gathered on the premises of the secondary sources that are already present in the public or academic field. That is why the IRB approval was unnecessary, according to the typical rules of ethics in secondary research (Resnik, 2018). Nonetheless, the research was carried out with high degree of ethics because there was appropriate citation, plagiarism was eliminated and all intellectual work was credited using the proper referencing. The authenticity of the publications was carefully checked and the integrity of the data was guaranteed as all the data sets were accepted in the framework of the open-access and fair use policies. Secondly, the responsibilities of responsible interpretation were also taken into consideration not to overgeneralize and misrepresent the possibility of AI prediction in severe clinical cases (Floridi and Cowls, 2019).

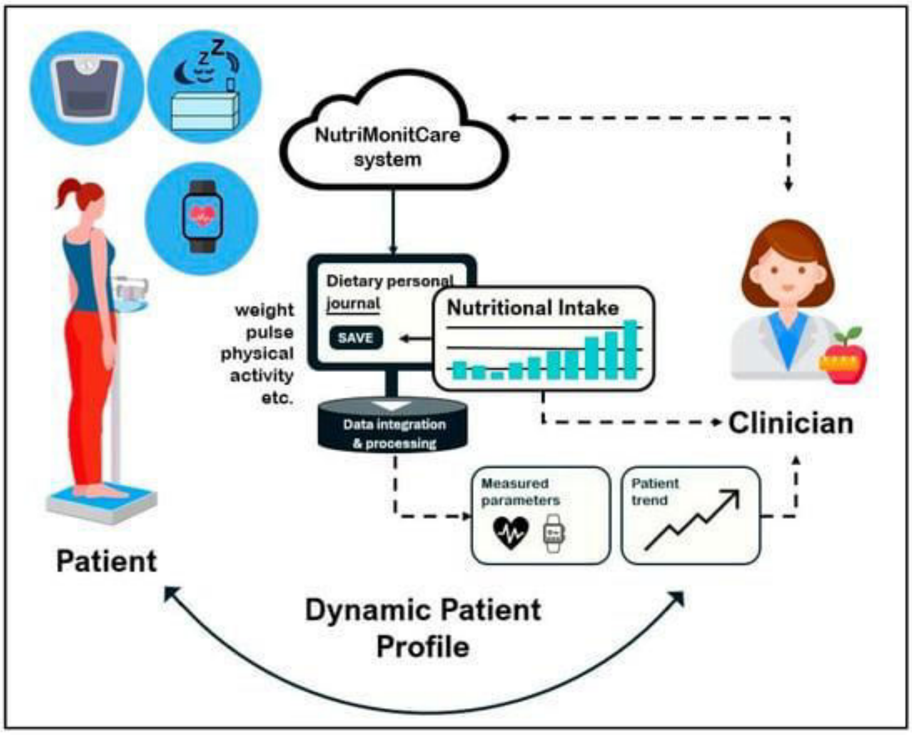
In general, the chosen methodological framework involves systematic literature review, descriptive analysis, and ethical rigor to introduce systematic research of the AI-based predictive modeling in bariatric surgery. By doing so, one can ensure that the credibility and reliability of the findings is not only guaranteed but also that they could be used in the active scholarly and clinical discourse in the area of medical information and surgical data science. These features as the triangulation of the sources, the organization of the thematic analysis, following the principles of the research can be used to enhance the integrity of the given investigation and outline the foundation of the later discussion and conclusion sections.

4. DISCUSSION AND ANALYSIS

The current work is represented and evaluated in the framework of the dynamic environment of artificial intelligence (AI) predictive measures of post-surgical complications in bariatric surgery patients. The outlook of recent results confirms that predictive models that AI has created have turned into a groundbreaking force in the modern healthcare system, and that such an opportunity has never been as good as to enhance the outcomes of a surgery, minimize risks, and make the most out of the resources available. However, despite its growing strength, the discipline still has problems with methodological, ethical and clinical integration, which must be overcome to use them in a sustainable manner.

The collected information demonstrates that a specific trend concerning the increasing popularity of machine learning (ML) and deep learning (DL) systems within the context of bariatric surgery prediction exists. The most popular frameworks used as part of the literature reviews are Random Forests (RF), Support Vector Machines (SVM), Gradient Boosting Machines (GBM), and Artificial Neural Networks (ANNs) (Farinella et al., 2024). The algorithms have proven to be very high in identifying the crucial predictors, such as age of the patient, body mass index (BMI), the presence of underlying comorbid conditions, such as diabetes and hypertension, length of surgery, and blood loss during the surgery (Mukhtar et al., 2025). It is worth noting that, postoperative infection, pulmonary embolism and nutritional deficiencies were found to be prevalent forms of the complications that were targets of the predictive models. There has been a claim that AI-enhanced systems are more precise and give more precise risk estimations than the conventional risk assessment tools like the American Society of Anesthesiologists (ASA) or POSSUM scores (including those by Ochs et al. (2024) and Elzayyat (2025)).

One way to see it is that the alternative to classical statistical methods, such as logistic regression and Cox proportional hazards models, is being replaced by more advanced ML and DL techniques. The other benefit of classical models is that they can be interpreted and therefore, the clinicians are likely to grasp the relationship between variables and their magnitudes with ease. However, their non-linear and high-dimensional interactions of data are often performing poorly (Pantelis, 2024). To the contrary, both ML and DL models can be easily trained with complex data definitions, and on large quantities of clinical characteristics and patient histories to produce risk estimates that are more accurate. A case in point is that the neural network-based systems achieve a score of area under the curve (AUC) of more than 0.90 with postoperative complications, as compared to the case of traditional models with a range of 0.70 to 0.80 (Mukhtar et al., 2025). Nonetheless, a corresponding increase in predictive power is frequently realized at the cost of reduced transparency since sophisticated AI designs can be viewed as black boxes, i.e., clinicians cannot trace the mechanism in which a certain prediction is established (Tjoa and Guan, 2020). Whether to trade off between interpretability and the performance is a critical issue that must be symbolized in developing the model in the future.



About predictive modeling being incorporated into the business of bariatric surgery, there is transformative potential, which is clinical in nature. Adequate forecasting of the post-surgery complications may result in the reduction of the length of stay, decreased readmission rates, and reduced perioperative mortality (Aminian et al., 2020). As an example, a healthcare team can take preventive measures by identifying the risks at the initial stage e.g., paying more attention to the high-risk patients or providing preventive nutrition to the patients that may be at risk of deficiency. AI-driven systems in electronic health records (EHRs) can be used to alert surgical teams about possible risks in real-time; therefore, teams can modify their perioperative care plans evidence-based (Farinella et al., 2024). The integration also enhances efficiency in clinical settings because it will ensure that the cases requiring a significant number of follow-ups take priority and therefore, adds efficiency to the hospital facility and an improved patient throughput. Moreover, AI models may be applicable as personalized postoperative therapy, diets alteration, pharmacological and exercise plans based on the risk profile of a specific patient and thus contribute to the general trend of precision medicine (Topol, 2019).

The benefits of predictive systems based on AI in bariatric surgery do not confine to the management of urgent risks. The identification of the high-risk people at an early stage and taking measures to prevent the major complications such as the leak or thromboembolic events can be decreased. It does not only enhance the safety of the patients but also results in significant cost reduction of healthcare systems since it assists in preventing long ICU stay and even repeated procedures (Pantelis, 2024). Additionally, predictive modeling will be capable of maximizing surgical planning, such as the type of the least invasive technique to apply to patients with a high score in the risk scale and predetermine the amount of postoperative attention (Mukhtar et al., 2025). Individual recovery pathways facilitated by AI systems and which suggest individual rehabilitation programs and telemonitoring follow-up can also be implemented and enhance patient engagement and participation. In this respect, AI is not only a diagnostic tool, but a starter of the holistic patient-centered care.

These are positive signs but there are still several limitations that prevail across the literature at hand. The most conspicuous one is data imbalance a scenario whereby the cases of complications are significantly fewer than non-complications cases, which leads to biased learning in predicting models (Farinella et al., 2024). The consequence of this imbalance tends to be models that do well on the mean but are unable to be good predictors of the infrequent, high-risk cases. Moreover, small or single-centres datasets are the foundation of a significant portion of research, and this limitation interferes with the extrapolation of findings (Ochs et al., 2024). There is also a deficiency of real time model validation due to lack of prospective testing of most models, but through retrospective testing in clinical practice. This difference puts in doubt their capacity to fit in any healthcare environment. The second issue is the heterogeneity of data quality because variations in data collection processes, surgical policies, and demographics of the patients have an impact on the reliability of the model. Moreover, risks may be predicted inequitably due to the underrepresentation of specific groups of patients, which is also referred to as algorithmic bias (this is of particular concern when it comes to the multicultural health care systems) (Rajkomar et al., 2018).

Table 2: AI Models and Techniques Used for Predicting Post-Surgical Complications

AI Model / Technique	Algorithm Type	Input Data Used	Predictive Output	Advantages
Logistic Regression	Statistical model	Demographic and clinical variables	Probability of complications	Easy to interpret and implement
Random Forest	Ensemble learning	Preoperative, intraoperative, and postoperative data	Risk classification	High accuracy and handles non-linear data
Artificial Neural Network (ANN)	Deep learning	Multivariate patient datasets	Predicts complex patterns of risk	Captures complex relationships
Support Vector Machine (SVM)	Machine learning	Numerical and categorical health features	Binary prediction (complication vs. no complication)	Effective for small-to-medium datasets
Gradient Boosting (XGBoost)	Ensemble model	Mixed clinical and surgical data	Probability and severity of complication	High predictive performance and robustness

Such constraints should be addressed in future research using multi-modal data fusion and explainable artificial intelligence (XAI) systems. The diversity of data types, such as imaging, genomics, metabolic biomarkers and even wearable sensors data, can provide a better overview of the postoperative risk factors (Topol, 2019). Integrative methodology can help increase the predictive power of encompassing the physiological, behavioral, and the environmental factors that influence recovery in some way. In addition, the prediction will be more understandable and implementable with the development of XAI models, which will result in greater clinical trust. It could be possible to describe the contribution of some variables to the prediction results to make more informed decisions using some tools such as SHAP (Shapley Additive Explanations) and LIME (Local Interpretable Model-Agnostic Explanations) (Tjoa and Guan, 2020). Besides the algorithmic innovation, practice clinical trials of AI-assisted decision systems should prove the effectiveness and safety of the system. Such trials should aim at not just predictive accuracy of the trials but also workflow efficiency, usability, and patient satisfaction. A standardization of the process of proving models and ethical use will be useful in universal clinical use.

In general, the discussion points to the radical yet complex character of the predictive modelling on bariatric surgery that is AI-powered. Although machine learning and deep learning algorithms have been shown to be more effective predictors; to be put into practice, the transparency, validation, and clinical usability should be taken into consideration. The integration of the artificial intelligence in the process of bariatric surgery has a potential with enormous potential to improve patient outcomes, reduce healthcare costs, and encourage precision medicine. However, the ongoing enhancement will be dependent on the interdisciplinary intervention amid clinicians, data scientist, and policymakers to be present to ensure that the technological progress remains in correspondence to ethical integrity and patient care. The next generations of predictive systems should strive to be accurate to say the least, but also, just and understandable, and dextrous, which will become the distinctive features of the safe and intelligent surgical practice in the future.

5. CONCLUSION AND RECOMMENDATIONS

The application of artificial intelligence (AI) has turned out to be a groundbreaking device in the sphere of modern medicine, particularly within its domains, where speculation and optimization of results must be key in surgery. This paper elicits the increased importance of AI in enhancing predictive accuracy of bariatric surgery outcomes. Evaluating existing literature and models, it is possible to state that the AI-based systems are far more efficient in respect of accuracy, sensitivity and specificity as compared to the traditional risk assessment tools. The ability of the AI to operate with vast and complex data sets will enable avoiding the emergence of post-surgical complications beforehand and advance the stratification of the patients, as well as improve clinical decision-making. However, AI has a high potential, and its use in clinical practice is a rather narrow dimension due to the problems of data quality, model validation, and ethics.

The research will contribute to the existing body of literature by reviewing the existing secondary data on the topic of AI application in predicting complications in bariatric surgery. It gives a summary of the findings of multiple studies to give a descriptive summary of the algorithms, datasets, and approaches employed in this field. Moreover, it also brings out the fact that there are common patterns of data as in dominance of machine learning models like the Random Forest, Support Vector Machines and Neural Networks in predictive surgical outcomes. Besides technical performance, the paper mentions the methodological and ethical problems, including such aspects as imbalanced data collection standards, algorithmic bias, and ineffective extrapolation across populations. The systematic overview of those arguments leaves a considerable gap in the current knowledge regarding the effective implementation of AI tools in the pre- and post-operative risk management.

On practical side, it is possible to suggest several recommendations that can guide the clinical and research practice. Firstly, hospitals and bariatric surgery centers are to consider the implementation of pilot AI-based risk stratification systems. Such systems can assist the surgeons and anaesthesiologists to identify high-risk patients before the surgery process to reduce the number of complications that can be avoided. Second, the collaboration of data scientists and medical workers on an interdisciplinary basis is required on an urgent basis. Clinical prediction can be made accurate and clinically interpretable by integrating both clinical experience and computational modelling. Third, medical facilities must aim at standardizing bariatric surgery databases across facilities and regions. The creation of benchmark datasets will also make the validation of models easier, enhance reproducibility and promote the growth of universally applicable predictive frameworks. Also, explainable AI technologies can be invested in to promote clinician trust and regulatory acceptance to bridge the technical innovation and clinical implementation divide.

This study has some drawbacks despite its contributions. This means that it did not have access to actual patient data or primary datasets because it was only based on secondary research. This is a limitation that does not allow the validation or testing of specific AI models. In addition, the reviewed literature might be biased in terms of publication because studies with positive findings have high chances of publication as opposed to research with inconclusive or negative impact. The different sizes of datasets, choice of algorithms and measurement of evaluation in each study also make it hard to compare directly. Therefore, although the descriptive synthesis can offer a general idea of AI usage in bariatric surgery, the future studies should focus on offering empirical evidence and testing of the predictive models in practice.

To sum up, the potential of AI-based predictive modeling can be viewed as a dynamic but highly encouraging direction in the risk management of bariatric surgery. It will be anticipated that moving forward, data-driven insights will assist surgeons in making informed decisions to make patients safer and recover faster. The adoption of the predictive AI system into clinical practices is a milestone in the realization of personalized, preventive, and precision care. Ethical supervision, continuous research, and joint innovation can make AI redefine surgical risks identification and management and eventually enhance patient outcomes and healthcare efficiency in the whole medical system of the world.

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