

The Lap-Band® Adjustable Gastric Banding System
Treatment for Morbid Obesity
Post-op Guidelines

Patients can plan on going home the day of surgery, except patients who live far away or are having other medical problems, or who are covered by Medicare policy as they require an over night stay.

- Prior to discharge:
 - A gastrografin swallow is commonly done to make sure the band is in good position and that there are no gastric leaks
- Post-Op Diet (following discharge):
 - Clear liquid diet for 24 hours after surgery, examples: popsicles, jello, chicken and/or beef broth, crystal light.
 - Full liquids for the next 2 weeks, examples: protein shakes, low fat yogurt, sugar free pudding, skim milk, cream of wheat, etc
 - Chopped/diced foods for 3-4 weeks, examples: flaked tuna fish, finely chopped chicken and vegetables, diced fruits, etc
 - Regular diet as tolerated (ensure to continue with small bites and chew well)
 - Take pills/tablets one at a time
 - Follow Allergan-Lap Band dietary recommendations, the “10 important rules”
 - Intake a minimum of 60-80 grams of protein per day
 - Avoid drinking and eating at the same time
 - Support groups recommended for continued success
- Physical Activity
For laparoscopic procedures there are minimal restrictions other than activities that cause pain. You are encouraged to walk frequently beginning the day of surgery and take deep breaths and cough frequently. Long term goal of 30-60 minutes of exercise daily
- Follow-up
Call or go to the Emergency Room Department for any problems such as high fever, wound infections, dizziness, pain in chest, etc
Call the office to schedule appointments for one and six weeks after surgery
- Bathing
You may shower two days after your surgery. Do not take a bath or go swimming for at least two weeks and only if the incisions are well healed.