

Just after Lap Band

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A one week liquid diet will be your first requirement following Lap Band surgery. Patients who often drink carbonated or caffeinated drinks need not avoid them all together, but it is advisable to drink in moderation, as they can lead to uncomfortable gas and bloating.

After completing the liquid portion of recovery, a patient will then move on to pureed foods that include soup, Jell-o and sometimes even baby food. Week 3, patients will then be allowed to eat solid foods that can be chopped up in either a blender or food processor for consumption. Those foods can include meats, proteins, salads and vegetables.

While what someone eats following Lap Band surgery is important, the manner of eating and just how much food is also key.

Patients will need to eat smaller meals and also eat slowly and with smaller bites. Remember, you have a smaller stomach to work with following Lap Band surgery, so eat accordingly.

Within two years of Lap Band surgery, many patients will typically see a 50 to 60 percent reduction in their excess body weight.