

## Lap Band Side Effects

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The first few days and weeks Just After Lap Band are important, as the patient can feel several different side effects. Among those side effects can be nausea and vomiting. Band slippage may also result in a second procedure being necessary.

A clear liquid diet will be the first requirement Just After Lap Band Surgery. Patients who often consume carbonated or caffeinated drinks will be prohibited from using these items for a minimum of three months. The reason for that is they can trigger uncomfortable gas and bloating.

After finishing the clear liquids portion of the recovery, a lap band patient will then go on to soft foods. Among the items in that category is soup, jello and sometimes even baby food. This next step will be determined as part of one's regular follow-ups with their lap band doctor.

Lap band patients will then be allowed to consume foods that can be mixed up in either a blender or food processor. Those items may include meats, proteins, salads and vegetables.